

## WEIGHT & MEASUREMENT GOAL TRACKER

Tip: Enter measurements and weight using decimals rather than fractions for easier tabulation.

MEASUREMENTS	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Upper Arm Left					
Upper Arm Right					
Bust/Chest – Fullest Part					
Waistline (at the smallest part of the waist)					
Hips/Buttocks					
Upper Thigh Left					
Upper Thigh Right					
Calf Left					
Calf Right					
<b>CURRENT TOTAL INCHES/CENTIMETRES</b>					
<b>TOTAL INCHES/CM LOST SINCE PREVIOUS WEEK</b> (subtract current total from Start Total)					

WEIGHT					
# Weight Released (subtract current total from Start Weight)					

HEIGHT					
*BMI					

### \*To work out your BMI:

**Metric:** Divide your body weight in kilograms by your height in metres squared (m<sup>2</sup>).

**Imperial:** Divide weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703

**Or,** use an online BMI calculator such as:

<http://bmiccalculator.cc/?gclid=CJ26mLmD7MkCFYGavAodghAF9g>