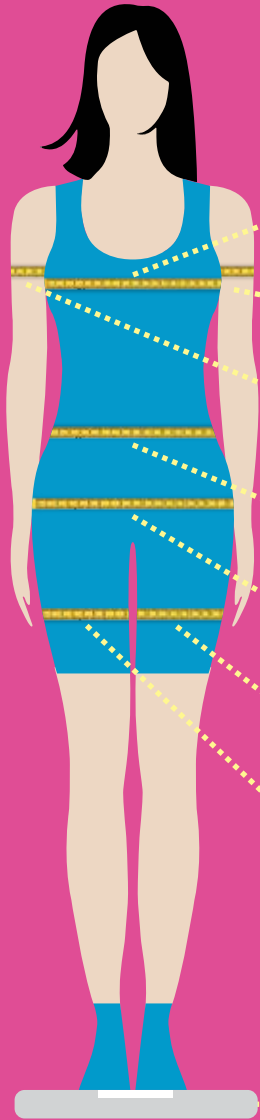




Body Measurement Progress Tracker

Scales don't tell the whole story. Make sure you take measurements too!
Don't track daily. Your body is complex, with many things going on. Give it time to adjust.
Track at the same time of the day. Your body can fluctuate throughout the day.



Week	1	2	3	4	5	6	7	8	9	10
Chest (cm/inches)										
Left Arm (cm/inches)										
Right Arm (cm/inches)										
Waist (cm/inches)										
Hips (cm/inches)										
Left Thigh (cm/inches)										
Right Thigh (cm/inches)										
Weight (kg/pounds & stone)										

Measure the same spot every week. Measuring your waist 1" higher or lower can influence readings.

Take photos. Progress photos help you see the true story.

You can record photos and measurements online at: www.shakethatweight.co.uk/my-account