Measure Monthly	Start	Month 1	Results	Month 2	Results	Month 3	Results	Month 4	Results	Month 5	Results	Month 6	Results
Date													
Body Weight													
Pant or Dress Size													
Measurements	Inches	Inches	Results	Inches	Results	Inches	Results	Inches	Results	Inches	Results	Inches	Results
Neck													
Shoulders													
Bust/Chest													
Left Arm													
Right Arm													
Waist													
2" Below Belly Button													
Hips/Butt													
Left Upper Thigh													
Right Upper Thigh													
Left Upper Knee													
Right Upper Knee													
Left Ankle													
Right Ankle													
Total Inches Lost													