WEIGHT LOSS AND INCH LOSS RECORD CHART

Keep track of your weight and inch loss progress and see how far you have come!

Don't forget to reward yourself for your achievement each pound and inch of the way.

		MEASUREMENTS IN INCHES OR CENTIMETRES						
DATE	**WEIGHT**	**Waist**	**Chest**	**Hips**	**Right Thigh**	**Left Thigh**	**Right Arm**	**Left Arm**