

# Measurement Tracker

## BEFORE

## AFTER

Weight \_\_\_\_\_

Weight \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

RIGHT  
ARM \_\_\_\_\_

RIGHT  
ARM \_\_\_\_\_

LEFT  
ARM \_\_\_\_\_

LEFT  
ARM \_\_\_\_\_

CGEST \_\_\_\_\_

CGEST \_\_\_\_\_

WAIST \_\_\_\_\_

WAIST \_\_\_\_\_

HIPS \_\_\_\_\_

HIPS \_\_\_\_\_

RIGHT  
THIGH \_\_\_\_\_

RIGHT  
THIGH \_\_\_\_\_

LEFT  
THIGH \_\_\_\_\_

LEFT  
THIGH \_\_\_\_\_

RIGHT  
CALF \_\_\_\_\_

RIGHT  
CALF \_\_\_\_\_

LEFT  
CALF \_\_\_\_\_

LEFT  
CALF \_\_\_\_\_

## NOTES

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