Weight-loss TRACKER

Starting Measurements/Date: ___________  Ending Measurements/Date: ___________
Biceps: ___________________________  Thighs: ___________________________
  Calves: ___________________________
  Hips: ___________________________
  Waist: ___________________________

Rewards!!!
1. Goal Weight: _______  Reward: ___________________________
2. Goal Weight: _______  Reward: ___________________________
3. Goal Weight: _______  Reward: ___________________________

Baby Steps
Still Get
YOU
There!