

Customized Progress Tracking Chart

Name _____

Ending Week _____

Female: Abdomen _____ Hips _____ %Body Fat _____

Male: Wrist _____ Waist _____ %Body Fat _____

Weight: _____ Lbs

Ending Week _____

Female: Abdomen _____ Hips _____ %Body Fat _____

Male: Wrist _____ Waist _____ %Body Fat _____

Weight: _____ Lbs

Ending Week _____

Female: Abdomen _____ Hips _____ %Body Fat _____

Male: Wrist _____ Waist _____ %Body Fat _____

Weight: _____ Lbs

Ending Week _____

Female: Abdomen _____ Hips _____ %Body Fat _____

Male: Wrist _____ Waist _____ %Body Fat _____

Weight: _____ Lbs