

# Weekly Weigh-In Template

Sample N°1





Sample N°3



	DAY 1	END OF WEEK 1	END OF WEEK 2	END OF WEEK 3	END OF WEEK 4	WHERE YOU MEASURED TO BE CONSISTENT	DIFFERENCE
WEIGHT							
WAIST							
CHEST							
HIPS							
LEFT THIGH							
RIGHT THIGH							
LEFT ARM							
RIGHT ARM							

