|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MEASUREMENTS** | **Start** (wk of 3/24) | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| Upper Arm Left |  |  |  |  |  |
| Upper Arm Right |  |  |  |  |  |
| Bust/Chest – Fullest Part |  |  |  |  |  |
| Waistline (at the smallest part of the waist) |  |  |  |  |  |
| Hips/Buttocks |  |  |  |  |  |
| Upper Thigh Left |  |  |  |  |  |
| Upper Thigh Right |  |  |  |  |  |
| Calf Left |  |  |  |  |  |
| Calf Right |  |  |  |  |  |
|  |  |  |  |  |  |
| \*Coach: Add any other areas to measure |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **CURRENT TOTAL INCHES** |  |  |  |  |  |
| **TOTAL INCHES LOST SINCE PREVIOUS WEEK**  (subtract current total from Start Total) |  |  |  |  |  |
|  |  |  |  |  |  |
| **WEIGHT** |  |  |  |  |  |
| # Pounds Released  (subtract current total from Start Weight) |  |  |  |  |  |
|  |  |  |  |  |  |
| **HEIGHT IN INCHES** (i.e., 5’ 7” = 67”) |  |  |  |  |  |
| **BMI** (Weight [LBS) × 703 ÷ Height ÷ Height) |  |  |  |  |  |