

Weigh-in/Measurements Chart

Leader _____ Day _____ Time _____													
Member Name	Weight Loss Goal	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Beginning Measurements ~ Week 1: Chest _____ Waist _____ Hips _____ Thighs _____ Arms _____													
Ending Measurements ~ Week 12: Chest _____ Waist _____ Hips _____ Thighs _____ Arms _____													
Weekly Loss													
Session Loss Thus Far													
Member Name	Weight Loss Goal	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Beginning Measurements ~ Week 1: Chest _____ Waist _____ Hips _____ Thighs _____ Arms _____													
Ending Measurements ~ Week 12: Chest _____ Waist _____ Hips _____ Thighs _____ Arms _____													
Weekly Loss													
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Weekly Loss													
Session Loss Thus Far													