

Progress Chart

Name: _____

	Begin		Finish		Change	
	R	L	R	L	R	L
Date						
Height						
Weight						
	R	L	R	L	R	L
Upper Arm (see below)						
Thigh (see below)						
Calf (see below)						
Hips (see below)						
Neck						
Chest (see below)						
Waist (measure 2" above navel)						
Abdomen (measure 3" below navel)						
Total Inches						

To make sure you are measuring at the same point for **Begin** and **Finish** measurements:

Find the largest point on your **Upper Arm** and measure up to that point from the tip of your middle finger.

Right Arm = _____ inches from fingertip Left Arm = _____ inches from fingertip

Find the largest point on your **Thigh** and measure up to that point from the floor.

Right Thigh = _____ inches from floor Left Thigh = _____ inches from floor

Find the largest point on your **Calf** and measure up to that point from the floor.

Right Calf = _____ inches from floor Left Calf = _____ inches from floor

Find the largest point on your **Hips** and measure up to that point from the floor = _____ inches

Find the largest point on your **Chest** and measure down from your clavicle (collarbone) to that point = _____ inches



Congratulations on your decision to make your health a priority!

It's time for a new beginning!

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