



TheBody360 – Weight/Body Measurements Tracker

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DATE	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Body weight (kg – lbs.)								
Neck								
Chest								
Line below chest								
Waistline (relaxed)								
Waistline (contracted)								
Belly button line								
Hips (widest area)								
Right thigh								
Left thigh								
Right knee								
Left knee								
Right calf								
Left calf								
Right ankle								
Left ankle								
Right upper arm								
Left upper arm								
Right elbow								
Left elbow								
Right wrist								
Left wrist								

