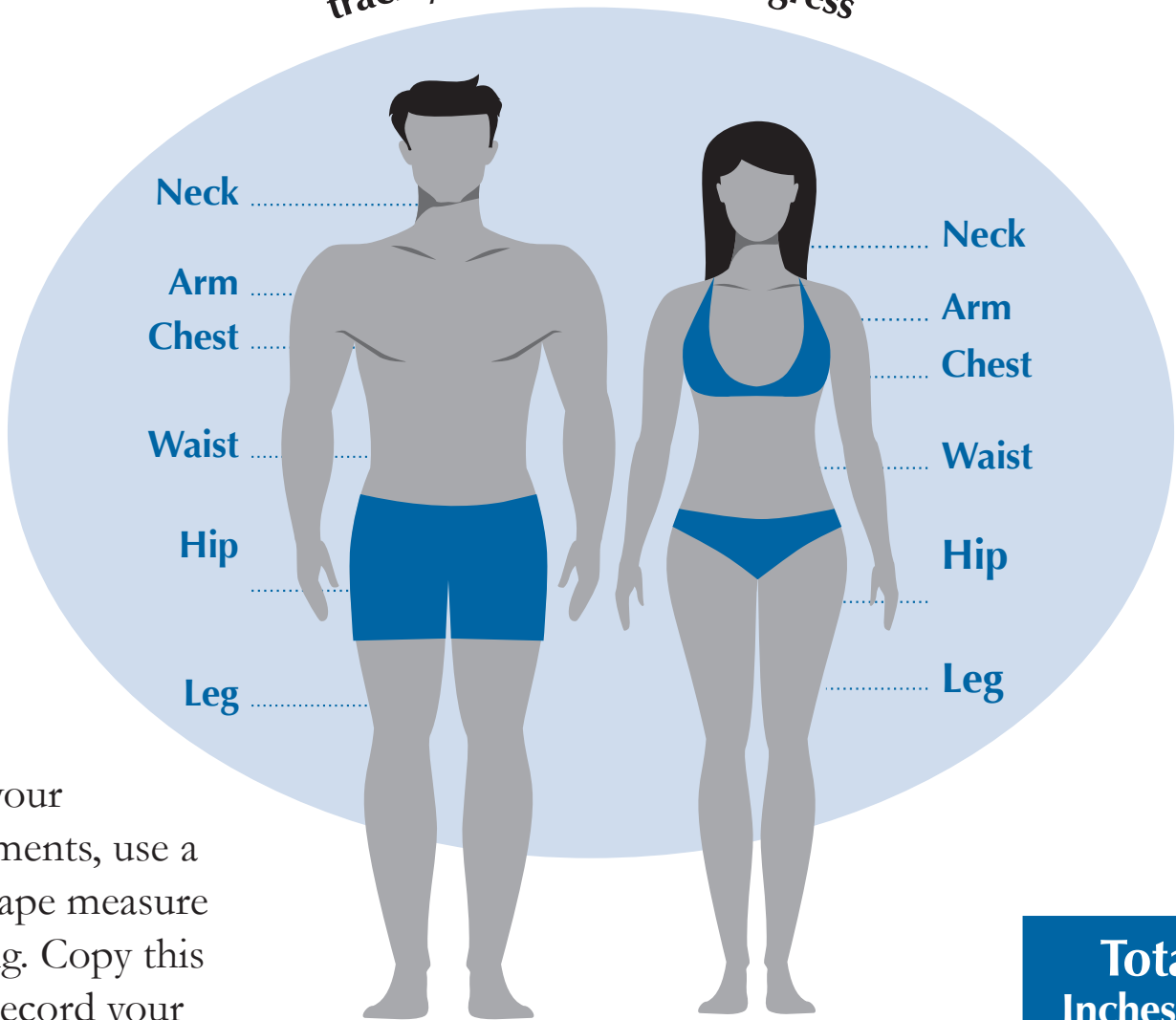




My Body Chart

track your weight loss progress



To find your measurements, use a flexible tape measure or a string. Copy this page to record your progress on a weekly or monthly basis.

**Total ★
Inches Lost**

	Neck	Arm	Chest	Waist	Hip	Leg	Total
Before							
After							