

# Weight & Measurement Chart

(Suggestion: 3-hole punch and place in a binder)

Weight and Measurements for the Week of: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Today's Weight							
Waist (inches)							
Hips (inches)							
Neck (inches)							

Weighing yourself on a regular basis will help you stay on track. Measurements can be done periodically throughout your weight loss journey to provide comparisons and to help set new goals.

This week's Goal: \_\_\_\_\_

This week's results: \_\_\_\_\_

Comments to Myself: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

