

Weight Loss Measurement Chart

WEIGHT LOSS MEASUREMENT CHART

Name: _____	Date: _____ dd / mm / yyyy
Weight: _____	Neck: _____
Chest: _____	L Arm: _____
R Arm: _____	Waist: _____
Hips: _____	L Thigh: _____
R Thigh: _____	L Calf: _____
R Calf: _____	

Additional notes: