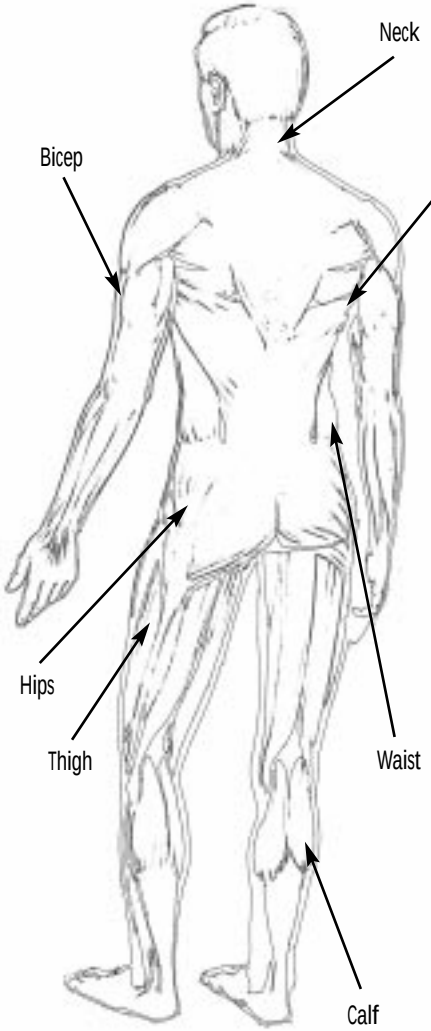

Tracking Inches Lost

Dates →										
Neck										
Bicep (upper arm)										
Chest										
Waist										
Hips										
Thigh										
Calf										
Total Inches										
Total Inches Lost										
Last Week's Total										

1. Measure and record the largest circumference of each body area listed on the tracking sheet at the same time and on the same day every week.
2. Add up your total inches.
3. Compare your weekly totals to determine the total number of inches you have lost.