

Track Your Progress

Use the charts below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.

Track Your Measurements and Weight

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen (6" below waist)				
Buttocks (9" below waist)				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches	0	0	0	0
My Total Inches Lost		0	0	0
My Weight				
My Weight Lost to Date		0	0	0

Compute Your Body Mass Index (BMI)

Before BMI: _____ (Weight x 703 ÷ Height ÷ Height)

After BMI: _____

Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart below, his weight status is normal.

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese