




# Progress Tracker

	Week:		Week:		Week:		Week:	
	Day 1	Day 7	Day 1	Day 7	Day 1	Day 7	Day 1	Day 7
<b>Date:</b>								
<b>Weight</b>								
<b>Right arm</b>								
<b>Left arm</b>								
<b>Chest</b>								
<b>Waist</b>								
<b>Tummy</b>								
<b>Hips</b>								
<b>Right Thigh</b>								
<b>Left Thigh</b>								
	<b>Total weight lost:</b>		<b>Total weight lost:</b>		<b>Total weight lost:</b>		<b>Total weight lost:</b>	
	<b>Total inches lost:</b>		<b>Total inches lost:</b>		<b>Total inches lost:</b>		<b>Total inches lost:</b>	