

WEEKLY PROGRESS CHART



* Save this document to your device to be able to complete your measurements on-screen.

WEEK 1
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 2
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 3
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 4
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 5
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 6
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 7
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 8
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 9
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 10
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 11
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>

WEEK 12
<i>Weight:</i>
<i>Bust/Chest:</i>
<i>Waist:</i>
<i>Hips:</i>