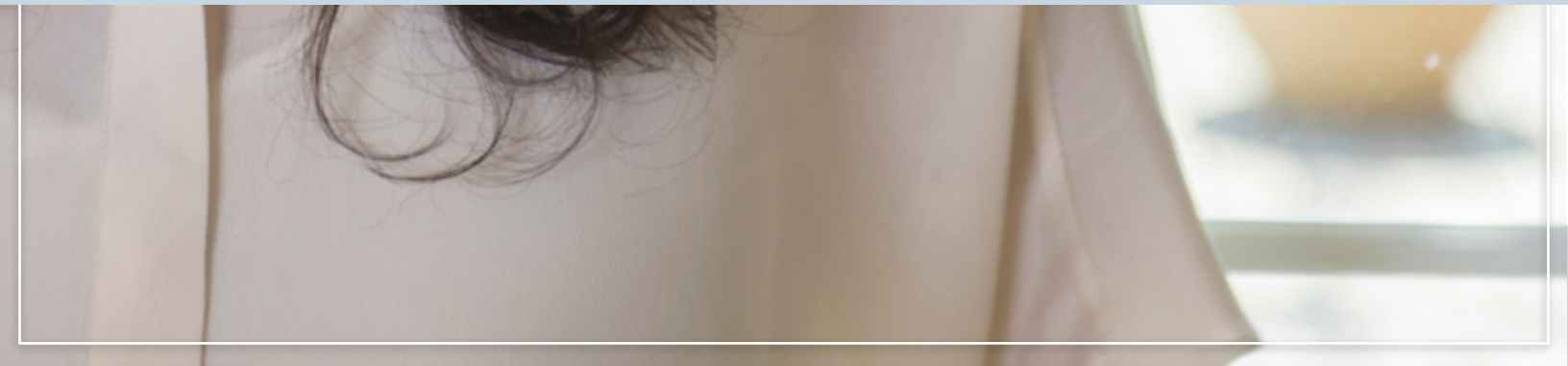




EASY WEIGHT LOSS
WEIGHT LOSS TRACKER



WEIGHT LOSS TRACKER

When trying to lose weight, it's a good idea to track your progress. There are two ways to do so, with a scale and/or a measuring tape. I recommend you use both, but pay closer attention to your measurements.

If you choose to weigh yourself, know that the number on the scale isn't always a good representation of your weight loss efforts. Weight is dependent on many factors including what time of the day you weigh yourself, how much muscle you've added or lost, how much water weight you're holding, and so on. So don't obsess over it.

Many of my clients prefer to take measurements because they are much more accurate and allow you to realize changes in your shape. For example, you may find that you gain 1 kg of water weight, but lose 4 centimeters on your waistline. You may also find that you gain 1 kg of muscle, but lose a centimeter of fat on your thighs.

Use the tracker below to monitor both your measurements and weight. I have included four weeks, just in case you want to continue to measure your progress after the program.

IMPORTANT NOTE: Remember - each body is different in the way it loses weight. Do your best to stay committed, but do not stress about the scale or numbers. Stress is a major reason many people don't lose weight; as high cortisol levels lead to weight gain. Experiment to find out what works best for your body, and focus more on your overall health than the kilos that you shed.

It's best to weigh and measure first thing in the morning.

Body Part Measurements	Week 1	Week 2	Week 3	Week 4
Upper Arm				
Bust				
Waist				
Upper Abdomen				
Lower Abdomen/Hips				
Upper Thigh				
Above the Knee				
Total				
	Centimeters Released			
	Total Centimeters Released			
Weight				
	Kilos Released			
	Total Kilos Released			