

# Weight Loss Challenge Measurement Tracker

Name: \_\_\_\_\_

Date: \_\_\_\_\_

	Start	End	Total Loss
Weight			
Chest			
Waist			
Hips			
Right Leg			
Left Leg			
Right Arm			
Left Arm			
Inches			

1% of Start Weight: \_\_\_\_\_

1% of Start Inches: \_\_\_\_\_

End Weight Loss \_\_\_\_\_ Divide by 1% figure \_\_\_\_\_ = End % Weight Loss \_\_\_\_\_

End Inches Loss \_\_\_\_\_ Divide by 1% figure \_\_\_\_\_ = End % Inches loss \_\_\_\_\_

Total combined inches and Weight Loss%: \_\_\_\_\_

\*Formula for total % lost is: Find 1% of your start weight or inches, then divide your total loss by the 1% figure, which gives you your overall % lost.

