weightloss

2 – 4 – 6 – 8

10 – 14 – 12 – 10

18 – 20 – 22 – 24

32 – 30 – 28 – 26

34 – 36 – 38 – 40

48 – 46 – 44 – 42

50 – 52 – 54 – 56

Inches lost

Date: _____

— Before —

Chest: _____

Waist: _____

Hips: _____

Arms: _____

Thighs: _____

Stomach: _____

Calf: _____

Total: _____

Date: _____

— After —

Chest: _____

Waist: _____

Hips: _____

Arms: _____

Thighs: _____

Stomach: _____

Calf: _____

Total: _____