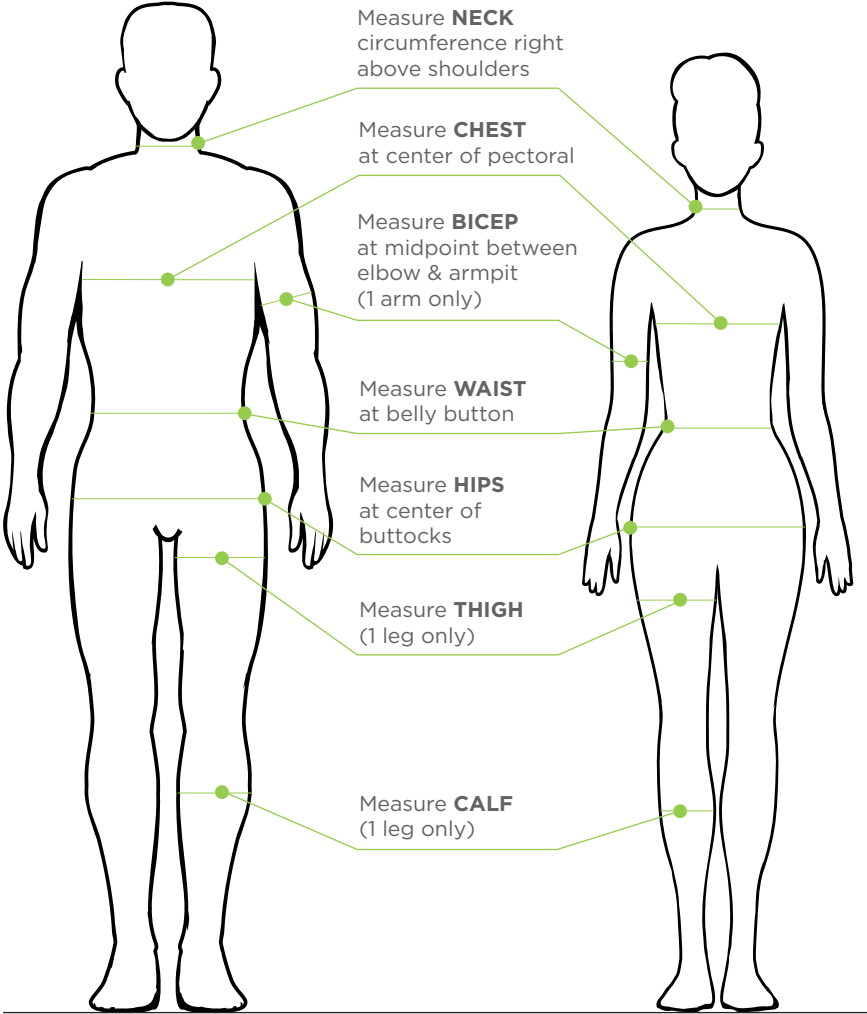


WEEKLY TRANSFORMATION TRACKING CHART

Track your **weekly weight loss** and enter it into the table shown. Using the reference chart below, track your **weekly pounds and inches** for the six areas indicated and record it in the table.



| WEEK | POUNDS LOST | INCHES LOST | | | | | |
|--|-------------|-------------|-------|-------|-------|------|-------|
| | | Neck | Bicep | Chest | Waist | Hips | Thigh |
| BEGINNING WEIGHT AND MEASUREMENTS | | | | | | | |
| 0 | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |
| TOTAL | | | | | | | |