Monitor my Progress

Use this progress sheet to help you monitor your weight loss.

GOALS			
	BODY FAT – STONE /POUNDS	WAIST – INCHES	HIP – INCHES
Starting Point			
Goals	**REDUCE BY 10%**	**REDUCE BY 5%**	**REDUCE BY 5%**
My Goals	To lose _____ pounds of fat	To lose _____ inches off my waist	To lose _____ inches off my hip

DATE	WEIGHT STONE/KG	WAIST INCHES/CM	HIP INCHES/CM	PERCENTAGE BODY FAT	BODY FAT LLBS