

Personal Progress Chart

	Date	Weight	Bust/ Chest	Upper Bust/ Chest	Waist	Tummy (women)	Upper Hip (women)	Lower Hip	Upper Thigh	Lower Thigh	Calf or bicep	+ or - inches	Note, Comment, Question
Day 1													
Day 3													
Day 7													
wk 2													
wk 3													
wk 4													
wk 5													
wk 6													
wk 7													
wk 8													
wk 9													
wk 10													
wk 11													
wk 12													

1. Bust/Chest- fullest part
2. Upper Bust/Chest- under armpits
3. Waist- under the last rib
4. Tummy- 1"-2" under belly button

5. Upper Hip- mid butt, above 'saddle bags'
6. Lower hip- low butt, include 'saddle bags'
7. One upper Thigh- the fullest part
8. One Calf/bicep- the thickest part

Measure undressed & in front of a mirror to be sure th
 Measure Yourself - do NOT let someone else measure
 Be sure tape measure is level across back while meas
 Weigh 1 time / week on the same scale & at the same