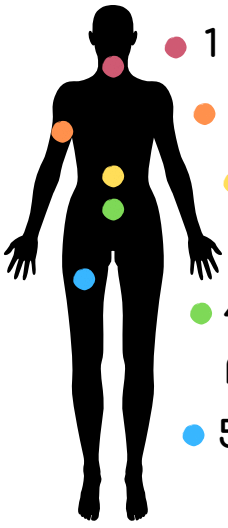
BODY MEASUREMENT TRACKER

	1	2	3	4	5
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					



- 1 - neck
- 2 - arm
- 3 - smallest part of waist
- 4 - largest part of waist
- 5 - thigh

Beginning the week of:	Height:

Measure the same area each time. Record by number each week.

Waist to height ratio: divide your height in inches by waist measurement (● 3) in inches. (At risk for health problems would be .5 and above.)

Waist to height ratio Week 1:

Waist to height ratio Week 12: