



## Goal and Measurement Tracker

Start Date: \_\_\_\_\_ Finish Date: \_\_\_\_\_

Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Weekly Weigh-ins:

Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

Sunday Week One: \_\_\_\_\_

Sunday Week Two: \_\_\_\_\_

Sunday Week Three: \_\_\_\_\_

Sunday Week Four: \_\_\_\_\_

Sunday Week Five: \_\_\_\_\_

Sunday Week Six: \_\_\_\_\_

Sunday Week Seven: \_\_\_\_\_

Sunday Week Eight: \_\_\_\_\_

Final Weight: \_\_\_\_\_

Before Measurements:

Chest: \_\_\_\_\_ Belly Button: \_\_\_\_\_ Hips: \_\_\_\_\_ Right Thigh: \_\_\_\_\_

After Measurements:

Chest: \_\_\_\_\_ Belly Button: \_\_\_\_\_ Hips: \_\_\_\_\_ Right Thigh: \_\_\_\_\_

Before Pictures Completed? Y/N

After Pictures Completed? Y/N

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