

**BONUS
DOWNLOAD**



BODY MEASUREMENTS *TRACKER*

Keeping Track of Your
Body Measurements

WITH WENDY NICHOLSON

Body Measurements Tracker



Tips and strategies...

A great way to track your progress and see how your body is changing, is to take measurements once month.

I strongly suggest you take the measurements at the start of your weight loss journey.

I mainly kept track of my waist and hip measurements because I found they were the most important ones to show that I was losing weight.

For every person, the way their body loses weight is different, so if you don't see results immediately, don't be discouraged!

I encourage you to still take the measurements because, combined with the weigh scale, this is data to show your progress.

If you're a visual person like me, you can put the measurement tracker on your wall like I did, to keep it in sight.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

Print off the following page. Put it on your wall and **once a month** take your measurements. You can just take your waist and hip (like I did) or take a few more measurements like bust, thigh, etc. and add them to the other columns.

 **To print in colour, select page 3**

 **To print in grayscale, select page 4**

Body Measurements Tracker

Month	Date	Waist	Hip			
1						
2						
3						
4						
5						
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Body Measurements Tracker

Month	Date	Waist	Hip			
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