

Personal Tracking Sheet

(It's best to fill this out on your computer and email it to us)

HOW TO TAKE MEASUREMENTS

Please do these at home each Sunday or Monday.

CHEST: Measure across the nipple line, make sure client's hands are down and at the sides

SMALL WAIST: Measure around waist at the BELLY BUTTON

LARGE WAIST: Measure 1 inch BELOW BELLY BUTTON

HIPS: Measure at the widest part of the hips

LEGS: Ask client to stand on one leg and put all weight on the leg your measuring, measure around the leg, right underneath the buttocks.

ARMS: Choose the halfway point between the shoulder and elbow and measure around the arm.

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Assessment

First and Last Name: _____

(Please Print)

Body Circumference Measurements (in Inches)											
Week	Scale Weight (lbs.)	Chest	Small Waist (Belly Button)	Big Waist (2 fingers below belly button)	Hip	Arm		Thigh		Total Inches (add all rows except for weight)	Total Inches Lost (Current week - Prior week)
						R	L	R	L		
1											
2											
3											
4											
5											
6											
Final											

How many workouts did you do this week?

Week 1: _____

Week 3: _____

Week 5: _____

Week 2: _____

Week 4: _____

Week 6: _____