

Tracking My Progress



Calculate Your Body Mass Index (BMI)

BMI Before _____

Weight x 703 ÷ Height in inches ÷ Height in inches

BMI After _____

Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart, his weight status is normal.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese

Use this chart to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.

Measurements	Start	Day 3	Day 10	Day 30
Neck				
Upper Arm (Left)				
Upper Arm (Right)				
Chest (men: at armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen 6" Below Waist				
Buttocks 9" Below Waist				
Upper Thigh (Left)				
Upper Thigh (Right)				
Calf (Left)				
Calf (Right)				
Upper Knee (Left)				
Upper Knee (Right)				
My Total Inches				
My Total Inches Lost	X			
My Weight				
My Weight Lost to Date	X			