

# Progress Form

## Weight and Inches

Goal Clothing Size: \_\_\_\_\_

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

<b>Date:</b>							
<b>Weight:</b>							
<b>Neck</b>							
<b>Chest</b>							
<b>Left Arm</b>							
<b>Midriff</b>							
<b>Hips</b>							
<b>Left Thigh</b>							
<b>Total Inches Lost</b>							

Courtesy of 17 Day Diet Blog