

# Love Yourself Lean

## Weekly Progress Check-In

### Body Girth and Circumference Measurements

Name: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Date:	START	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Weight:</b>						
<b>Arm</b> (middle)						
<b>Chest</b> (nipple line)						
<b>Waist</b> (belly button)						
<b>Hips</b> (at the widest point)						
<b>Thigh</b> (at the widest point)						
<b>+ OR -</b>						

Use this sheet to record your body girth measurements using a tape measure EVERY Monday at the same time, preferably in the morning and on an empty stomach.

At week 1 use the + or – section to record the total changes. Be sure to measure in the same place each time 😊

Note: As a general rule of thumb, and this will differ among women, but a 1 inch loss of fat is roughly equivalent to 1lb in weight loss.

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## Weekly Progress Check-In

### Body Girth and Circumference Measurements

Name: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Date:	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Weight:</b>					
<b>Arm</b> (middle)					
<b>Chest</b> (nipple line)					
<b>Waist</b> (belly button)					
<b>Hips</b> (at the widest point)					
<b>Thigh</b> (at the widest point)					
<b>+ OR -</b>					

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