

Weekly Assessment Tracker



	Date	Chest	Bicep (L)	Bicep (R)	Natural Waist	Navel Waist	Hips	Thigh (L)	Thigh (R)	Weight	Progress Pic	Total Inches
Start											<input type="checkbox"/>	
Week 1											<input type="checkbox"/>	
Week 2											<input type="checkbox"/>	
Week 3											<input type="checkbox"/>	
Week 4											<input type="checkbox"/>	
Week 5											<input type="checkbox"/>	
Week 6											<input type="checkbox"/>	
Week 7											<input type="checkbox"/>	
Week 8											<input type="checkbox"/>	
Final Results											<input type="checkbox"/>	