

Weekly Assessment Tracker



	Neck	Chest	Bicep (R)	Bicep (L)	Natural Waist	Navel Waist	Hips	(R) Mid Thigh	(L) Mid Thigh	Weight	Progress Pic	Total Inches
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"/>	
Week 9											<input type="checkbox"/>	
Final											<input type="checkbox"/>	
											Total Lost	