

INDIVIDUAL COURSE PROGRESS

NAME:

START DATE:

GOAL WEIGHT:

KGS

*WEIGHT LOST DIVIDED BY STARTING WEIGHT MULTIPLIED BY 100 = % BODY WEIGHT

Week:	UpperArm R (cm.) L	CHEST (cm.)	WAIST (cm.)	HIPS (cm.)	THIGH R (cm.) L	TOT LOST (cm.)	WEIGHT (kg.)	WEIGHT LOSS	*% BODY WEIGHT	CELL AGE
Start										
01										
02										
03										
04										
05										
06										
07										
08										
Total Lost (wk 1 - wk 8)										