

FITNESS & WEIGHTLOSS PROGRESS CHART

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BUST

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

CHEST

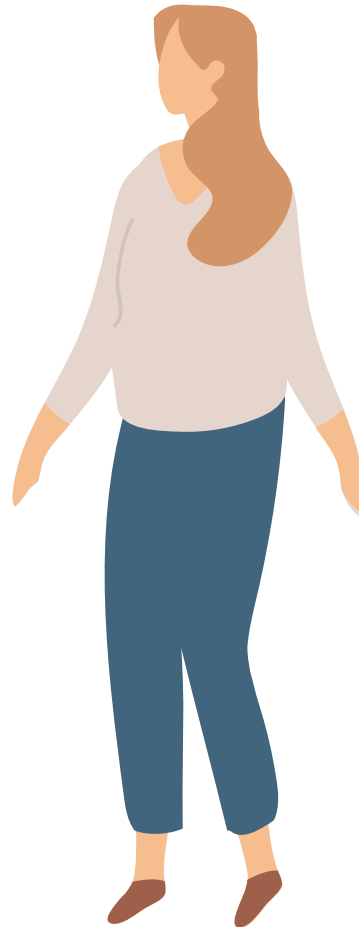
Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

WAIST

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

HIPS

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____



FOREARM

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

THIGHS

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

UPPER ARM

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

CALVES

Week 1 - _____
Week 2 - _____
Week 3 - _____
Week 4 - _____

TAKING YOUR BODY MEASUREMENTS

Bust - Take your measurements around the nipple line of your bust

Chest - Measure underneath your bust line

Waist - Measure 1/2 inch above your belly button

Hips - Measure the largest part of your hips

Thighs - Measure the biggest part of your thighs

Calves - Measure around the largest part of your calf

Forearm - Measure around the largest part, below the elbow

Upper arm - Measure the largest part of your upper arm, above the elbow