## Weigh-in/Measurements Chart

### Member Name

<table>
<thead>
<tr>
<th>Weight Loss Goal</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
</table>

**Beginning Measurements ~ Week 1:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

**Ending Measurements ~ Week 12:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

### Weekly Loss

<table>
<thead>
<tr>
<th>Member Name</th>
<th>Weight Loss Goal</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
</table>

**Beginning Measurements ~ Week 1:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

**Ending Measurements ~ Week 12:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

### Session Loss Thus Far

<table>
<thead>
<tr>
<th>Member Name</th>
<th>Weight Loss Goal</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
</table>

**Beginning Measurements ~ Week 1:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

**Ending Measurements ~ Week 12:**
- Chest __________
- Waist __________
- Hips __________
- Thighs __________
- Arms __________

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