**Personal Tracking Sheet**

**(It’s best to fill this out on your computer and email it to us)**

**HOW TO TAKE MEASUREMENTS**

Please do these at home each Sunday or Monday.

**CHEST:** Measure across the nipple line, make sure client’s hands are down and at the sides

**SMALL WAIST:** Measure around waist at the BELLY BUTTON

**LARGE WAIST:** Measure 1 inch BELOW BELLY BUTTON

**HIPS:**  Measure at the widest part of the hips

**LEGS:** Ask client to stand on one leg and put all weight on the leg your measuring, measure around the leg, right underneath the buttocks.

**ARMS:** Choose the halfway point between the shoulder and elbow and measure around the arm.

**Assessment**

First and Last Name:

(Please Print)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Body Circumference Measurements (in Inches) | | | | | | | | | | | |
| Week | Scale  Weight (lbs.) | Chest | Small Waist  (Belly Button) | Big Waist  (2 fingers below belly button) | Hip | Arm | | Thigh | | Total Inches  (add all rows except for weight) | Total Inches Lost  (Current week – Prior week) |
| R | L | R | L |
| 1 |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |
| Final |  |  |  |  |  |  |  |  |  |  |  |

**How many workouts did you do this week?**

Week 1:\_\_\_\_\_ Week 3:\_\_\_\_\_ Week 5:\_\_\_\_\_

Week 2:\_\_\_\_\_ Week 4:\_\_\_\_\_ Week 6:\_\_\_\_\_