

# BODY MEASUREMENT TRACKER

A great way to track your progress is with body measurements! If you'd like to track your progress, you can print this sheet out, grab your tape measure, and jot down your measurements during REVIVE!

## WEEK 1 DAY 1

Upper Arms\* \_\_\_\_\_  
Chest \_\_\_\_\_  
Waist \_\_\_\_\_  
Hips \_\_\_\_\_  
Thighs\* \_\_\_\_\_  
Calves\* \_\_\_\_\_  
Weight \_\_\_\_\_

## WEEK 4 DAY 28

\_\_\_\_\_ Upper Arms\*  
\_\_\_\_\_ Chest  
\_\_\_\_\_ Waist  
\_\_\_\_\_ Hips  
\_\_\_\_\_ Thighs\*  
\_\_\_\_\_ Calves\*  
\_\_\_\_\_ Weight

## WEEK 8 DAY 56

Upper Arms\* \_\_\_\_\_  
Chest \_\_\_\_\_  
Waist \_\_\_\_\_  
Hips \_\_\_\_\_  
Thighs\* \_\_\_\_\_  
Calves\* \_\_\_\_\_  
Weight \_\_\_\_\_

## WEEK 12 DAY 84

\_\_\_\_\_ Upper Arms\*  
\_\_\_\_\_ Chest  
\_\_\_\_\_ Waist  
\_\_\_\_\_ Hips  
\_\_\_\_\_ Thighs\*  
\_\_\_\_\_ Calves\*  
\_\_\_\_\_ Weight

\*Measure and write down both right and left sides.



\*Measure at the widest part for each body part and at belly button for waist.