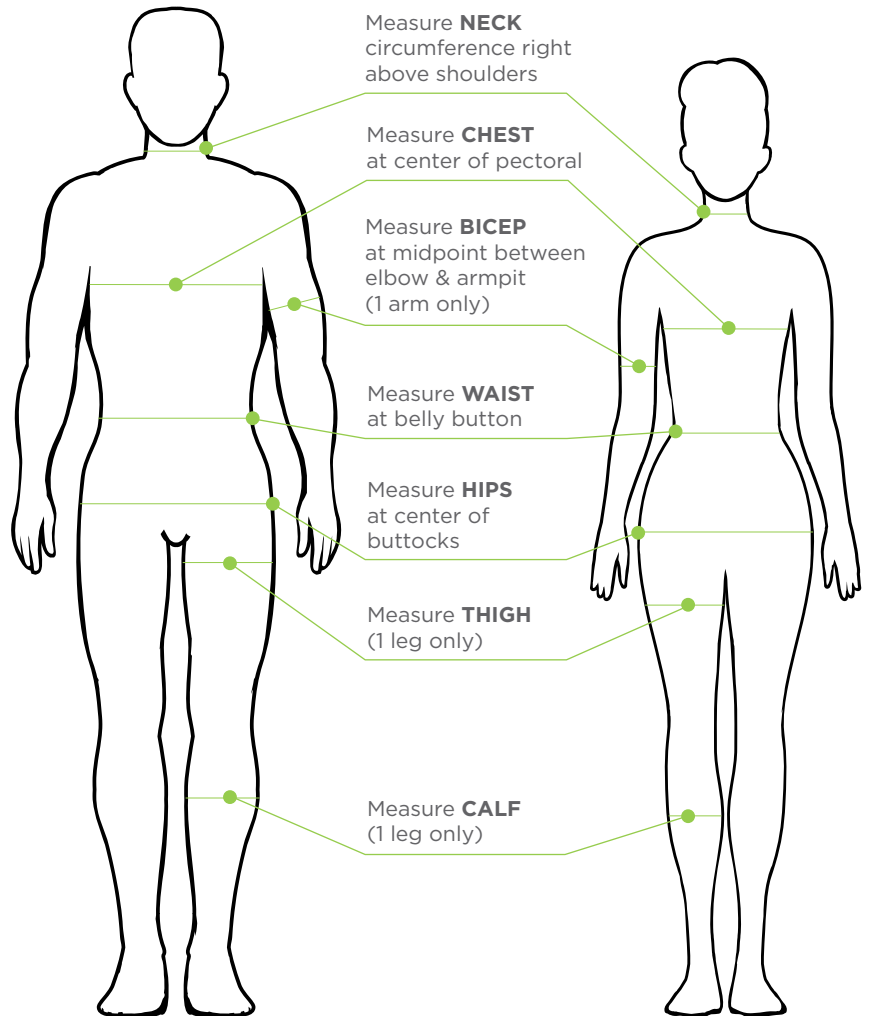


# WEEKLY TRANSFORMATION TRACKING CHART

Track your **weekly weight loss** and enter it into the table shown. Using the reference chart below, track your **weekly pounds and inches** for the six areas indicated and record it in the table. **Enter your weekly totals at [WiOBetterHealth.com/submitstats](http://WiOBetterHealth.com/submitstats) by 11:59pm EVERY SUNDAY.**



WEEK	POUNDS LOST	INCHES LOST					
		Neck	Bicep	Chest	Waist	Hips	Thigh
<b>BEGINNING WEIGHT AND MEASUREMENTS</b>							
0							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
<b>TOTAL</b>							