

Weight Loss and Fitness Progress Chart

7 - Day Progress Chart
 Week ____ of Walking Program

Measurements	Date _ / _ / _	Date _ / _ / _	Date _ / _ / _	Date _ / _ / _	Date _ / _ / _	Date _ / _ / _	Date _ / _ / _
Weight							
Body Fat							
RHR							
Bust							
Calves							
Chest							
Forearm							
Hips							
Thighs							
Upper Arm							
Waist							
Notes							