

# STATS

## MONTH 1 STATS

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### Beginning Measurements

Weight:

Stomach:

Hips:

Thigh:

Before Picture  Yes  No

### End Measurements

Weight:

Stomach:

Hips:

Thigh:

After Picture  Yes  No

## MONTH 2 STATS

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### Beginning Measurements

Weight:

Stomach:

Hips:

Thigh:

Before Picture  Yes  No

### End Measurements

Weight:

Stomach:

Hips:

Thigh:

After Picture  Yes  No

## WEIGH-INS

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Wk 1:  Wk 2:  Wk 3:  Wk 4:  Wk 5:

Wk 6:  Wk 7:  Wk 8:  Wk 9:  Wk 10: