

# assessment

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	GOALS
Weight										
BMI										
Body fat %										
Hips										
Bust										
Biceps										
Thighs										

\* Not required to document progress in the grey areas

*I've made it!*

**This chart gives you the opportunity to track your progress and document your success along the way. It's important to take note of the following:**

- Make sure you clearly mark down your starting measurements.
- When you start, also fill in your goals. Be realistic!
- The areas marked in grey do not need weekly checking.
- Make sure you're using the same method for checking your body fat % for the duration of the 6 weeks. Using another method or scale will result in inconsistencies.
- Complete your measurements at the same time of day each week.

