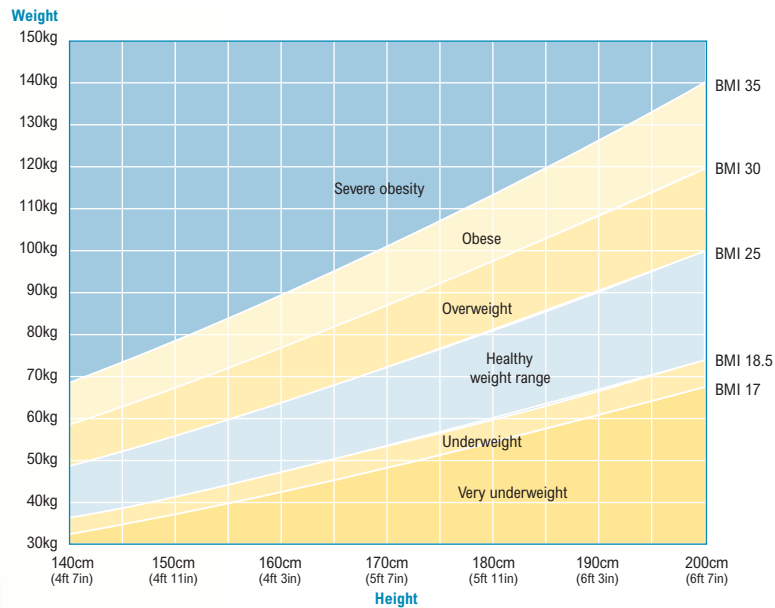


# Tracking My Progress

Use the Measurement and Weight Chart to keep track of all your progress. Get motivated with every centimetre and kilo lost. Progress is a process. Success breeds success.



## Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (metres)}}$$

## My Measurement and Weight Chart

Date:	Start	Day 3	Day 10	Day 30
<b>Measurements</b>				
<b>Weight</b>				
<b>Neck</b>				
<b>Upper Arm (left)</b>				
<b>Upper Arm (right)</b>				
<b>Chest (men at armpit, women at bust)</b>				
<b>Diaphragm (rib cage)</b>				
<b>Waist</b>				
<b>Abdomen (15cm below waist)</b>				
<b>Buttocks (23cm below waist)</b>				
<b>Upper Thigh (left)</b>				
<b>Upper Thigh (right)</b>				
<b>Calf (left)</b>				
<b>Calf (right)</b>				
<b>Upper Knee (left)</b>				
<b>Upper Knee (right)</b>				
<b>My Total Centimetres</b>				
<b>My Total Centimetres Lost</b>				
<b>My Weight</b>				
<b>My Weight Lost to Date</b>				