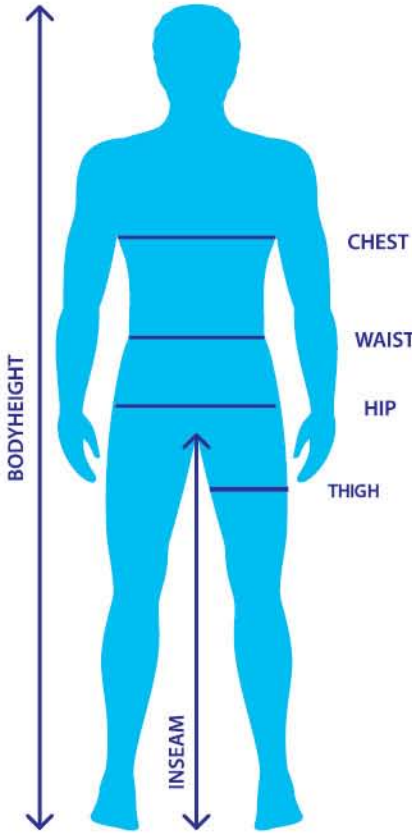




FITNESS  
FUN addict  
**commit**  
to be fit

# Progress Tracker



NAME: \_\_\_\_\_

MONTH: \_\_\_\_\_

Starting Measurements:

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Weight \_\_\_\_\_

BMI \_\_\_\_\_

End week 1: \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Weight \_\_\_\_\_

BMI \_\_\_\_\_

End week 2: \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Weight \_\_\_\_\_

BMI \_\_\_\_\_

End week 3: \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Weight \_\_\_\_\_

BMI \_\_\_\_\_

End week 4: \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Weight \_\_\_\_\_

BMI \_\_\_\_\_

## How to take your measurements:

**Chest** - Standing, measure with breath out just above the nipple.

**Waist** - Standing, measure at the narrowest point or at the midway point between the tip of the hip bone and the bottom of the rib cage.

**Hips** - Measure at the largest girth, where the butt is protruding the greatest.

**Thigh** - Standing, measure at the largest girth, just below the butt.

## BMI Calculator:

[www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

\* Visit [fairchildfun.com/commit-to-be-fit-challenge](http://fairchildfun.com/commit-to-be-fit-challenge) for details.