BREAK THE CYCLE: WEIGH AND MEASURE CHART

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DATE |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALWEIGHT REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALCHEST/BUST REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALWAIST REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALABDOMEN REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALHIPS REAL |  |  |  |  |  |  |  |  |  |  |  |  |

 WEIGH AND MEASURE CHART (SAMPLE)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DATE | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|  GOALWEIGHT REAL | **150** | *148* | *146* | *144* | *142* | *140* | *138* | *136* | *134* | *132* | *130* | *128* |
|  GOALCHEST/BUST REAL | **40** | *39.5* | *39* | *38.5* | *38* | *37.5* | *37* | *36.5* | *36* | *35.5* | *35* | *34.5* |
|  GOALWAIST REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALABDOMEN REAL |  |  |  |  |  |  |  |  |  |  |  |  |
|  GOALHIPS REAL |  |  |  |  |  |  |  |  |  |  |  |  |

Note: Obviously, you can start your journey in any month on any day. Just change the months on the top.

The numbers in *italics* are an example of how you will start. Fill in your starting weight and measurements and then write in: a 2 lb loss per month and a ½ inch loss per month on each measurement in the goal section for each measurement. Even though you may not be at your goal, you will know where you will be in a year!