

Tracking My Progress

Compute Your Body Mass Index (BMI)

Before BMI: _____ (Weight x 703 ÷ Height ÷ Height)

After BMI: _____

Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart below, his weight status is normal.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25 – 29.9	Overweight
30 and Above	Obese



Tracking My Progress

Use the chart below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.



My Measurement and Weight Chart					
Measurements	DATE:	Start	Day 3	Day 10	Day 30
Neck					
Upper Arm (Left)					
Upper Arm (Right)					
Chest (men: at armpit, women: bust)					
Diaphragm (rib cage)					
Waist					
Abdomen 6" Below Waist					
Buttocks 9" Below Waist					
Upper Thigh (Left)					
Upper Thigh (Right)					
Calf (Left)					
Calf (Right)					
Upper Knee (Left)					
Upper Knee (Right)					
My Total Inches					
My Total Inches Lost					
My Weight					
My Weight Lost to Date					