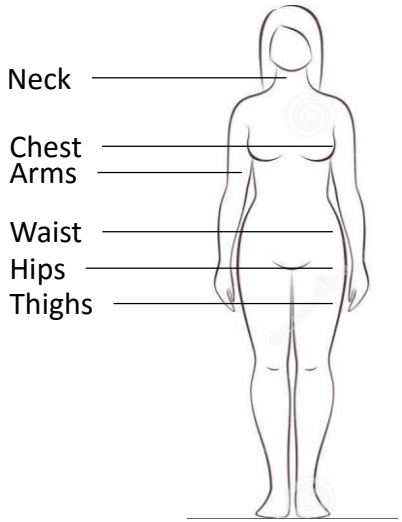
Trytan Health
Living a great life

Name: _____

Start: _____ / _____ / _____
MM DD YY

Clothes size, start: _____

Clothes size, WEEK 12: _____



Fat Loss Measurements

- **For precise measurements, take your measurements at the same location each time.**
- **For more information visit www.fineforme.com**

	START	WEEK 2 (___/___/___)	WEEK 4 (___/___/___)	WEEK 6 (___/___/___)	WEEK 8 (___/___/___)	WEEK 10 (___/___/___)	WEEK 12 (___/___/___)	**TOTAL (inches)**
Neck								
Chest								
Arms								
Waist (belly)								
Hips (buttocks)								
Thighs								
TOTAL								
Weight (lbs)								

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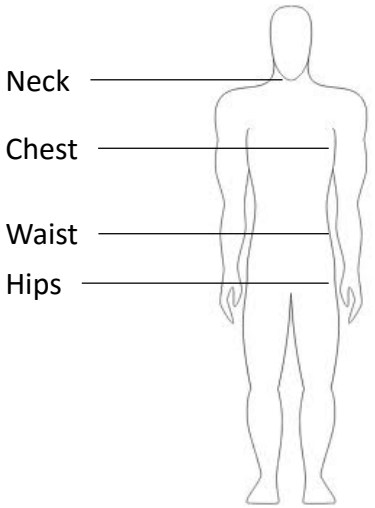

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Chest								
Waist (belly)								
Hips (buttocks)								
TOTAL								
Weight (lbs)								