

SUCCESS CHART

NAME	
Starting Weight	

	Start	1 wk	2wks	3 wks	4 wks	5 wks	6 wks	7 wks	8 wks	9 wks
Neck										
R Biceps										
L Biceps										
Chest										
Waist										
Hips										
R. Thigh										
L. Thigh										
R Calf										
L Calf										
Total Inches										

Date Started _____