

# Body Measurement Tracker

	Day 1	Day 15	Day 30
Weight			
Neck	cm	cm	cm
Chest	cm	cm	cm
Left arm	cm	cm	cm
Right arm	cm	cm	cm
Waist	cm	cm	cm
Hips	cm	cm	cm
Left thigh	cm	cm	cm
Right thigh	cm	cm	cm
10% weight loss goal			

A healthy and sustainable weight loss goal is 1-2 pounds per week. Aim to lose 6-8 pounds during the 30-Day Total Reset. Keep your weight loss goals small and achievable and aim to lose 10% of your starting weight at a time.

