



THE BODY NURSE



4 WEEK *Weight Loss* TRACKER



TRACK YOUR PROGRESS. STAY CONSISTENT. SEE THE RESULTS. ♥



NAME: _____



STARTING WEIGHT: _____ kg



GOAL WEIGHT: _____ kg



WAIST MEASUREMENT: _____ cm



TARGET DATE: _____



WHY I'M DOING THIS:

You don't have
to be perfect,
just **CONSISTENT**.



♥ 4 WEEK PROGRESS TRACKER ♥

WEEK	DATE	WEIGHT (kg)	LOST THIS WEEK (kg)	TOTAL LOST (kg)
START <i>Baseline</i>				
WEEK 1				
WEEK 2				
WEEK 3				
WEEK 4				

♥ MEASUREMENT ACCOUNTABILITY ♥

BEFORE *Day 1*



WEIGHT _____ kg



WAIST _____ cm



HIPS _____ cm



THIGHS _____ cm



BUST _____ cm



ARMS _____ cm



Don't just
chase the scale,
chase the person
you want to
become.



AFTER *Week 4*



WEIGHT _____ kg



WAIST _____ cm



HIPS _____ cm



THIGHS _____ cm



BUST _____ cm



ARMS _____ cm



Small steps every day
CREATE BIG CHANGES.

YOU'VE GOT THIS!

Stay focused. Stay committed.

You are stronger than you think.

