|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Should be…** | **Aim for midway** | **Currently** | **Need to Lose** |
| **Date:** |  |  |  |  |
| **Height** |  |  |  |  |
| **Weight** |  |  |  |  |
| **Waist** |  |  |  |  |
| **Hips** |  |  |  |  |
| **Waist to Height ratio** |  |  |  |  |
| **Waist to Hip ratio** |  |  |  |  |
| **BMI** |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Starting Point** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Weight** |  |  |  |  |  |  |  |
| **Waist** |  |  |  |  |  |  |  |
| **Hips** |  |  |  |  |  |  |  |
| **Waist to Height ratio** |  |  |  |  |  |  |  |
| **Waist to Hip ratio** |  |  |  |  |  |  |  |
| **BMI** |  |  |  |  |  |  |  |