



# LIFT LEAN

## RESULTS TRACKER

Measurement	Week 1	Week 2	Week 3	Week 4
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Left Thigh				
Right Arm				
Left Arm				
TOTAL CM				

Measurement	Week 9	Week 10	Week 11	Week 12
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Left Thigh				
Right Arm				
Left Arm				
TOTAL CM				

Measurement	Week 17	Week 18	Week 19	Week 20
Weight				
Chest				
Waist				
Hips				
Right Thigh				
Left Thigh				
Right Arm				
Left Arm				
TOTAL CM				

**Improvements in Fitness**  
 (Jot down how you improved  
 week by week)