

Measurement progress tracker

Enter measurements in the same unit each time; waist-to-hip ratio calculates automatically.

Date	Weight	Chest	Waist	Hips	Arm	Thigh	Waist-to-hip ratio	Notes
2026-10-01		38	32	40	12	22	0.8	

[illegible]

Date	Weight	Chest	Waist	Hips	Arm	Thigh	Waist-to-hip ratio	Notes