



Petal & Paper

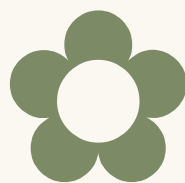
YOUR FREE PRINTABLE

Body measurements progress tracker



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M E A S U R E M E N T S

progress tracker

Starting date · _____

Chest / bust · Start: ____ Now: ____ Change: ____

Waist · Start: ____ Now: ____ Change: ____

Hips · Start: ____ Now: ____ Change: ____

Arms / thighs · Arms: ____ → ____ Thighs: ____ → ____

Weight (optional) · Start: ____ Now: ____ Change: ____

How my clothes fit / how I feel · _____

T H E S C A L E I S O N E D A T A P O I N T —
M E A S U R E M E N T S , P H O T O S A N D H O W Y O U
F E E L M A T T E R T O O

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