



Petal & Paper

YOUR FREE PRINTABLE

Weight and measurements tracker



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H E A L T H T R A C K E R

measurements log

Name / starting date · _____

Week 1 · Weight: ____ Date: ____ Notes: ____

Week 2 · Weight: ____ Date: ____ Notes: ____

Week 3 · Weight: ____ Date: ____ Notes: ____

Week 4 · Weight: ____ Date: ____ Notes: ____

Other measures (if relevant) · Waist: ____ BP: ____ Other: ____

Trend over the month · ↑ → ↓ Discuss with GP: ☐

TRENDS OVER WEEKS TELL THE REAL
STORY — ONE READING RARELY DOES

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