

## Sustain Weight & Measurement Record

### Day 21

Starting Weight \_\_\_\_\_ lbs

Starting Body Comp \_\_\_\_\_ %  
(If available)

Starting Waist Measurement \_\_\_\_\_ inches

Starting Hip Measurement \_\_\_\_\_ inches

### Day 28

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

### Day 35

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

## Day 42

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

