



Weekly Comparison Form

Record your measurements each week in the appropriate spaces

Change occurs slowly—slow and steady wins—thank your brain and body for each improvement

Module	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
BMI												
Weight												
Waist												

Height in centimeters _____

You need this to calculate your BMI