***Fitness Challenge***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Start** | **End** | **Total Loss** |
| **Weight** |  |  |  |
| **Chest** |  |  |  |
| **Waist** |  |  |  |
| **Hips** |  |  |  |
| **Right Leg** |  |  |  |
| **Left Leg** |  |  |  |
| **Right Arm** |  |  |  |
| **Left Arm** |  |  |  |
| **Inches** |  |  |  |

**1% of Start Weight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1% of Start Inches: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**End Weight Loss \_\_\_\_\_\_\_Divide by 1% figure \_\_\_\_\_\_= End % Weight Loss\_\_\_\_\_\_**

**End Inches Loss\_\_\_\_\_\_\_\_ Divide by 1% figure\_\_\_\_\_\_= End % Inches loss\_\_\_\_\_\_\_**

**Total combined inches and Weight Loss%: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*Formula for total % lost is: Find 1% of your start weight or inches, then divide your total loss by the 1% figure, which gives you your overall % lost.**