

Waist Circumference Progress Chart

This chart is designed to help you set goals and track your progress as you aim to improve your waist circumference (WC).

Date	WC Measurement	Notes
<div style="background-color: yellow; padding: 5px; border: 1px solid black;"> <i>Get Started! Measure your WC.</i> </div>	cm in	
	cm in	
	cm in	
	cm in	
	cm in	
	cm in	
	cm in	



Take Note:

Leave three weeks between your first and second measurements. After you measure your WC for the second time, measure every two weeks or as often as you feel comfortable.

Use the notes section of the Progress Chart to keep track of food choices and exercise patterns to help you stay motivated.

For more tips, support and information, visit www.arthritis.ca/lifestyle.