



# ShipShape™ Weight Control Progress Chart



Date	Day 1	Day 3	Day 7	Day 14	Day 21	Day 28	Day 35	Day 42	Day 49	Day 56	Day 63	Day 70	Day 77	Day 84		
Weight																Total Lost In 90 Days
Total Weight Lost to Date																
Bust/Chest																
Waist																
Hips																
Tummy Button																
Right Thigh																
Left Thigh																
Right Arm																
Left Arm																
Total Inches Lost this Week																
Total to Date																



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