



Place 4x6 Progress
Photo Here

My THM Progress Page

Date: _____

Weight: _____

Shirt Size: _____

Pant Size: _____

*M*easurements:

Neck: _____

Bust: _____

Hips/Butt: _____

Waist: _____

Upper Thigh: _____

Calf: _____

Ankle: _____

Upper Arm: _____

Forearm: _____

*N*on-Scale Victories (NSV)

*T*houghts About My Progress So Far...

Lined writing area for notes and reflections, featuring a large butterfly watermark in the center.