



WAIST-WATCHERS CHALLENGE RECORD SHEET



Name (of team or person) _____

	Waist measurement	Weekly change	% Weekly change	Total change to date	% change to date
Week 1					
Week 2			Divide weekly change by Week 1 waist measurement		Divide total change by Week 1 waist measurement
Week 3			Divide weekly change by Week 2 waist measurement		Divide total change by Week 1 waist measurement
Week 4			Divide weekly change by Week 3 waist measurement		Divide total change by Week 1 waist measurement
Week 5			Divide weekly change by Week 4 waist measurement		Divide total change by Week 1 waist measurement
Week 6			Divide weekly change by Week 5 waist measurement		Divide total change by Week 1 waist measurement

**FIGHT
FOR EVERY
HEARTBEAT**

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