

Vital Stats Tracker

Date: _____

Body Measurements												
Item	January	February	March	April	May	June	July	August	September	October	November	December
Neck												
Chest												
Upper Arm												
Waist												
Wrist												
Thigh												
Calf												

Clothing Size												
Item	January	February	March	April	May	June	July	August	September	October	November	December
Blouse												
Shirt												
Slacks												
Jacket												
Skirt												
Dress												