

BODY COMPOSITION & MEASUREMENT LOG

NAME:
GOAL WEIGHT:
START DATE:

DATE	WEIGHT	BODY FAT %	NECK	CHEST	WAIST	HIPS	THIGH (L/R)	BICEP (L/R)	+/-
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DATE	WEIGHT	BODY FAT %	NECK	CHEST	WAIST	HIPS	THIGH (L/R)	BICEP (L/R)	+/-
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NOTES / PROGRESS OBSERVATIONS: