

BODY TRANSFORMATION LOG

Progress Tracker

NAME:

START DATE:

GOAL WEIGHT:

MEASUREMENT (IN/CM)	WEEK 1	WEEK 4	WEEK 8	WEEK 12
Weight				
Body Fat %				
Neck				
Chest				
Bicep (L/R)				
Waist (Navel)				
Hips				
Thigh (L/R)				
Calf (L/R)				

GOALS & MILESTONES