

BODY MEASUREMENT PROGRESS LOG

NAME:
START DATE:
GOAL WEIGHT:

MEASUREMENT (IN/CM)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	DIFFERENCE (+/-)
Weight							
Body Fat %							
Neck							
Shoulders							
Chest							
Bicep (Left)							
Bicep (Right)							
Waist (Navel)							
Hips							
Thigh (Left)							
Thigh (Right)							
Calf (Left)							
Calf (Right)							

MONTHLY REFLECTIONS
GOALS FOR NEXT PERIOD