

MEASUREMENT PROGRESS

Name: _____

Goal: _____

DATE	INITIAL	WEEK 4	WEEK 8	WEEK 12	DIFFERENCE (+/-)
Core Metrics					

Weight (lbs/kg)

Body Fat %

Circumference (in/cm)

Neck

Shoulders

Chest

Bicep
(Left/Right)

Waist (At
Navel)

Hips / Glutes

Thigh
(Left/Right)

DATE	INITIAL	WEEK 4	WEEK 8	WEEK 12	DIFFERENCE (+/-)
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Calf
(Left/Right)

PHYSICAL CHANGES & ENERGY LEVELS
NEXT PHASE ADJUSTMENTS