

BODY MEASUREMENT LOG

Health & Wellness Tracking

NAME

START DATE

CURRENT WEIGHT

BODY PART	INITIAL	WEEK 2	WEEK 4	WEEK 8	+/- CHANGE
Neck					
Shoulders					
Chest					
Bicep (L/R)					
Waist					
Hips					
Thigh (L/R)					
Calf (L/R)					

Consistency is key. Measure at the same time of day for accuracy.