

BODY MEASUREMENT COMPARISON

Name:

Year:

MEASUREMENT (IN/CM)	STARTING DATE	CURRENT DATE	DIFFERENCE (+/-)
Weight			
Neck			
Chest			
Bicep (L/R)			
Waist			
Hips			
Thigh (L/R)			
Calf (L/R)			
Body Fat %			

MONTHLY PROGRESS NOTES & GOALS