

MUSCLE GAIN PROGRESS TRACKER

Year: 20____
Name: _____
Starting Weight: _____
Goal Weight: _____

MEASUREMENT (IN/CM)	WEEK 1	WEEK 4	WEEK 8	WEEK 12	+/- DIFF
Body Weight					
Body Fat %					
Neck					
Shoulders					
Chest					
Bicep (L/R)					
Forearm (L/R)					
Waist (Navel)					
Hips/Glutes					
Thigh (L/R)					

MEASUREMENT (IN/CM)	WEEK 1	WEEK 4	WEEK 8	WEEK 12	+/- DIFF
Calf (L/R)					

NOTES & STRENGTH PRS