

BODY LOG

Unit: [] IN [] CM

Name: _____
Goal: _____

MEASUREMENT	DATE: / /	DATE: / /	DATE: / /	DATE: / /
Weight				
Body Fat %				
Neck				
Chest				
Bicep (L/R)				
Waist (Navel)				
Hips				
Thigh (L/R)				
Calf (L/R)				

PROGRESS NOTES