

ATHLETE MEASUREMENT LOG

Progress Tracking & Performance Analytics

Year: 20_____

Athlete:
Coach/Team:
Starting Weight:
Height:
Target Goal:
Units: [] cm/kg [] in/lb

MEASUREMENT AREA	DATE:	DATE:	DATE:	DATE:	DATE:
Composition Metrics					
Body Weight					
Body Fat %					
Upper Body (Circumference)					
Neck					
Shoulders					
Chest					
Bicep (L / R)					
Forearm (L / R)					

**MEASUREMENT
AREA**

DATE:

DATE:

DATE:

DATE:

DATE:

Core & Lower Body

Waist (Navel)

Hips / Glutes

Thigh (L / R)

Calf (L / R)

NOTES & OBSERVATIONS