

BODY MEASUREMENT LOG

Name:

Year:

MEASUREMENT	DATE:	DATE:	DATE:	DATE:	DATE:
Core Metrics					
Weight (kg/lbs)					
Body Fat %					
Upper Body					
Neck					
Shoulders (Girth)					
Chest (Relaxed)					
Upper Arm L/R					
Forearm L/R					
Midsection					
Waist (Navel)					

MEASUREMENT	DATE:	DATE:	DATE:	DATE:	DATE:
Hips / Glutes					
Lower Body					
Thigh (Mid) L/R					
Calf L/R					
Notes					