

BODY MEASUREMENT TRACKER

Name: _____

Goal: _____

BODY PART	DATE: //	DATE: //	DATE: //	DATE: //
Weight (kg/lb)				
Body Fat %				
Neck				
Shoulders				
Chest				
Bicep (L/R)				
Waist (Navel)				
Hips				
Thigh (L/R)				
Calf (L/R)				

PROGRESS NOTES & OBSERVATIONS

Maintain consistency by measuring at the same time of day, preferably in the morning.