

BODY MEASUREMENT LOG

UNITS: [] IN / [] CM

NAME

START DATE

TARGET WEIGHT

MEASUREMENT	BASELINE	WEEK 4	WEEK 8	WEEK 12	GOAL
Weight					
Body Fat %					
Neck					
Chest					
Bicep (L/R)					
Waist (Navel)					
Hips					
Thigh (L/R)					
Calf (L/R)					

PROGRESS NOTES & OBSERVATIONS