

MEASUREMENT LOG

Date: _____ Weight: _____

BODY PART	MEASUREMENT (CM/IN)	CHANGE (+/-)
Neck	_____	_____
Chest	_____	_____
Bicep (Left)	_____	_____
Bicep (Right)	_____	_____
Waist (Navel)	_____	_____
Hips	_____	_____
Thigh (Left)	_____	_____
Thigh (Right)	_____	_____
Calf	_____	_____

NOTES: