

WEEKLY BODY PROGRESS

NAME: MONTH: UNIT:

MEASUREMENT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	DIFFERENCE
Weight					
Body Fat %					
Neck					
Chest					
Bicep (L/R)					
Waist (Navel)					
Hips					
Thigh (L/R)					
Calf (L/R)					