

BODY MEASUREMENT LOG

Name:
Starting Date:
Goal:

MEASUREMENT (CM/IN)	DATE:	DATE:	DATE:	DATE:	DATE:	+/-
Weight						
Neck						
Chest						
Bicep (L/R)						
Waist						
Hips						
Thigh (L/R)						
Calf (L/R)						
Body Fat %						

NOTES & PROGRESS OBSERVATIONS