

BODY MEASUREMENT LOG

Name:

Goal:

| MEASUREMENT AREA | DATE: ----- | DATE: ----- | DATE: ----- | PROGRESS (+/-) |
|---------------------|----------------|----------------|----------------|-------------------|
| Weight | | | | |
| Body Fat % | | | | |
| Neck | | | | |
| Chest | | | | |
| Bicep (Left) | | | | |
| Bicep (Right) | | | | |
| Waist (Navel) | | | | |
| Hips | | | | |
| Thigh (Left) | | | | |
| Thigh (Right) | | | | |
| Calf (Left) | | | | |

**MEASUREMENT
AREA**

DATE:

DATE:

DATE:

**PROGRESS
(+/-)**

Calf (Right)

NOTES & OBSERVATIONS