

BODY MEASUREMENT TRACKER

NAME:
GOAL:

MEASUREMENT AREA	DATE: __/__/__	DATE: __/__/__	DIFFERENCE
Weight			
Neck			
Chest			
Bicep (L/R)			
Waist (Navel)			
Hips			
Thigh (L/R)			
Calf (L/R)			
Body Fat %			

PROGRESS NOTES & OBSERVATIONS