

BODY TRANSFORMATION PROGRESS

Name: _____

Start Date: _____

Goal: _____

METRIC	STARTING (DAY 1)	MIDWAY (DAY 45)	FINAL (DAY 90)	TOTAL CHANGE
Weight (lbs/kg)				
Body Fat %				
Chest				
Waist				
Hips				
Thighs (L/R)				
Arms (L/R)				

BEFORE PHOTO
AFTER PHOTO

Notes & Achievements: