

MONTHLY BODY MEASUREMENT TRACKER

NAME: _____ YEAR: 2024 UNIT: [] IN [] CM

BODY PART	MONTH 1	MONTH 2	MONTH 3	MONTH 4	+/-
Weight					
Body Fat %					
Neck					
Shoulders					
Chest					
Bicep (L/R)					
Waist					
Hips					
Thigh (L/R)					
Calf (L/R)					

MONTHLY GOALS & PROGRESS NOTES:

Consistent tracking leads to consistent results. Measure at the same time each month.