

MUSCLE GAIN PROGRESS

NAME: _____ START DATE: _____

MEASUREMENT (CM/KG)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Body Weight						
Body Fat %						
Neck						
Shoulders						
Chest						
Bicep (Left)						
Bicep (Right)						
Forearm						
Waist (Navel)						
Hips / Glutes						
Thigh (Left)						
Thigh (Right)						
Calf (Left)						

MEASUREMENT (CM/KG)						
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Calf (Right)						
STRENGTH BENCHMARKS	BASELINE		CURRENT MAX		PROGRESS (+/-)	
Squat						
Deadlift						
Bench Press						
Overhead Press						