

MEASUREMENT TRACKER

NAME:

GOAL:

| AREA | DATE: | DATE: | DATE: | DIFFERENCE (+/-) |
|-------------------|-------|-------|-------|------------------|
| UPPER BODY | | | | |
| Neck | | | | |
| Shoulders | | | | |
| Chest | | | | |
| Bicep (L/R) | | | | |
| MIDSECTION | | | | |
| Waist (Narrowest) | | | | |
| Abdomen (Navel) | | | | |
| Hips | | | | |
| LOWER BODY | | | | |
| Thigh (L/R) | | | | |

AREA

DATE:

DATE:

DATE:

DIFFERENCE (+/-)

Calf (L/R)

COMPOSITION

Weight

Body Fat %

PROGRESS NOTES & OBSERVATIONS