

# MONTHLY BODY MEASUREMENT TRACKER

NAME:

YEAR:

UNIT: (CM / IN)

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