

measurement tracker

Start Date:

Age:

Height:

GOAL:

Day ____



Chest

Upper Arm

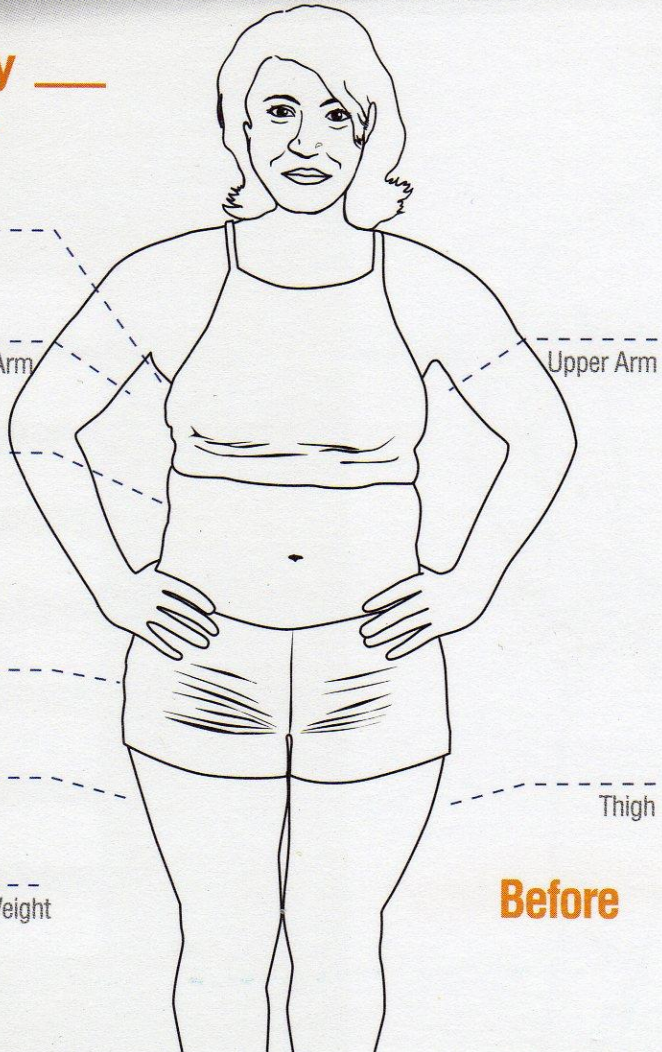
Upper Arm

Waist

Hips

Thigh

Start Weight



Before

Day ____

Chest

Upper Arm

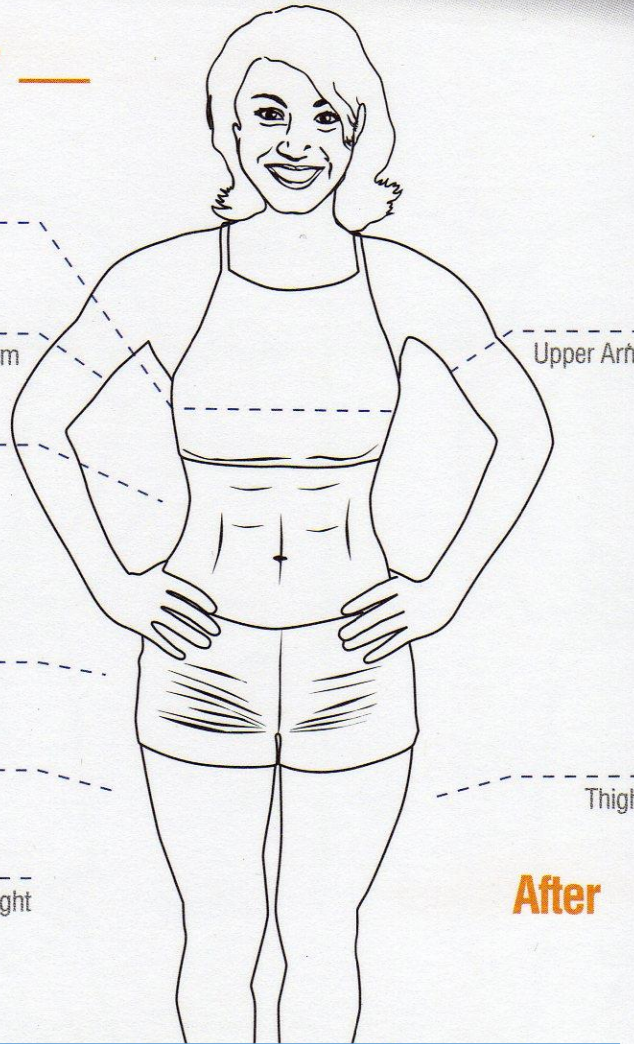
Upper Arm

Waist

Hips

Thigh

End Weight



After

Record the difference between your start date and end date:

Chest

Right Arm*

Left Arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

*Flexed, measured at peak of bicep

**Measured at widest point

BMI: 18.5-24.9
 WHR: <0.8 women / < 0.9 men
 Body Fat %: goal ()

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 WHR:
 Body Fat %: