

measurement tracker

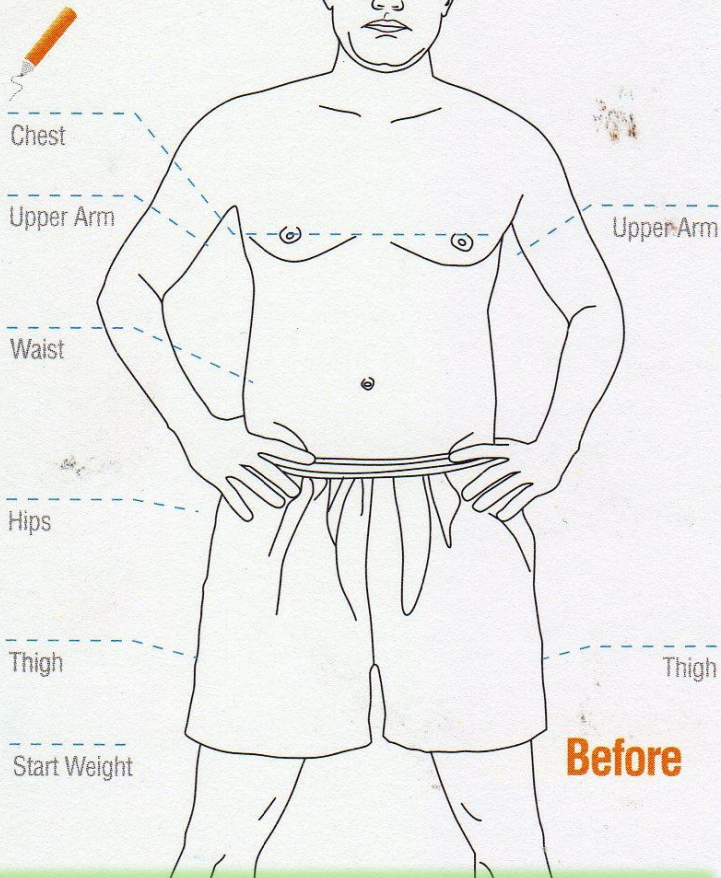
Start Date: _____

Age: _____

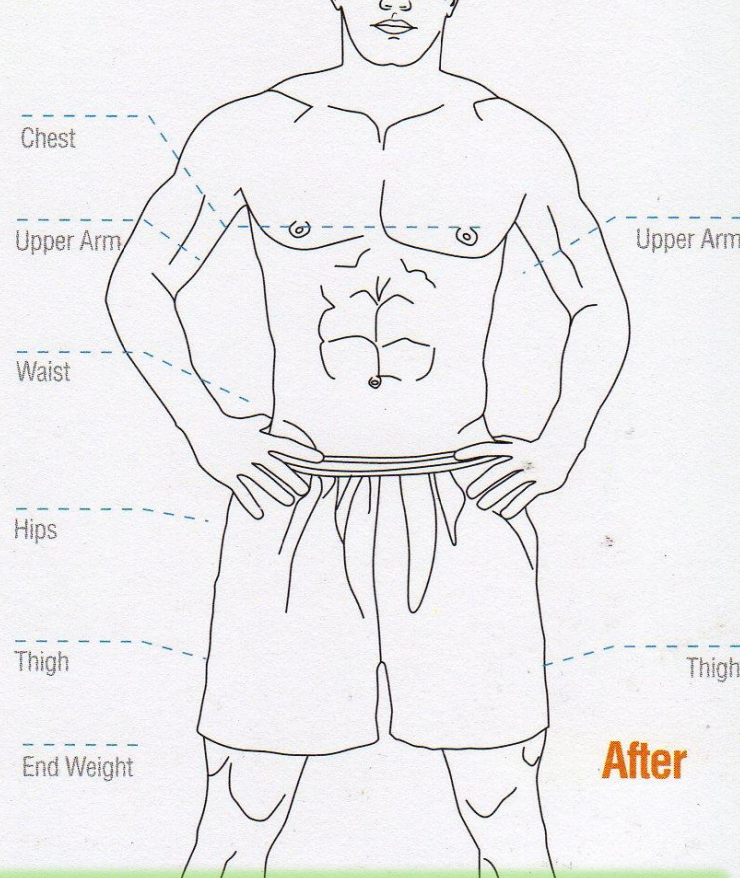
Height: _____

GOAL: _____

Day ____



Day ____



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: < 0.9 men
 Body Fat %: goal ()

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

BMI:
 WHR:
 Body Fat %: