

Body Measurements

Beginning	2 Weeks	4 Weeks	6 Weeks	8 Weeks	10 Weeks	12 Weeks
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight =	Weight =	Weight =	Weight =	Weight =	Weight =	Weight =
Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =
Girth Measurements (Inches)	Girth Measurements (Inches)	Girth Measurements (Inches)	Girth Measurements (Inches)	Girth Measurements (Inches)	Girth Measurements (Inches)	Girth Measurements (Inches)
Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth
Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth
Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth
Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth
Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth
Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth
Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth
Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth
Skinfolds (millimeters)	Skinfolds (millimeters)	Skinfolds (millimeters)	Skinfolds (millimeters)	Skinfolds (millimeters)	Skinfolds (millimeters)	Skinfolds (millimeters)
Triceps	Triceps	Triceps	Triceps	Triceps	Triceps	Triceps
Subscapular	Subscapular	Subscapular	Subscapular	Subscapular	Subscapular	Subscapular
Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac
Abdominal	Abdominal	Abdominal	Abdominal	Abdominal	Abdominal	Abdominal
Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh
Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf
Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)
Biceps	Biceps	Biceps	Biceps	Biceps	Biceps	Biceps

