



Measurements/Weight Progress Report _____

DATE	_____	DATE	_____	DATE	_____	DATE	_____	DATE	_____
Age	_____	Age	_____	Age	_____	Age	_____	Age	_____
Height	_____	Height	_____	Height	_____	Height	_____	Height	_____
Neck	_____	Neck	_____	Neck	_____	Neck	_____	Neck	_____
Shoulders	_____	Shoulders	_____	Shoulders	_____	Shoulders	_____	Shoulders	_____
Upper Arm (R)	_____	Upper Arm (R)	_____	Upper Arm (R)	_____	Upper Arm (R)	_____	Upper Arm (R)	_____
Chest	_____	Chest	_____	Chest	_____	Chest	_____	Chest	_____
Waist	_____	Waist	_____	Waist	_____	Waist	_____	Waist	_____
Hips	_____	Hips	_____	Hips	_____	Hips	_____	Hips	_____
Thigh (R)	_____	Thigh (R)	_____	Thigh (R)	_____	Thigh (R)	_____	Thigh (R)	_____
Calf (R)	_____	Calf (R)	_____	Calf (R)	_____	Calf (R)	_____	Calf (R)	_____
Weight	_____	Weight	_____	Weight	_____	Weight	_____	Weight	_____
Skinfold or other Body Comp	_____	Skinfold or other Body Comp	_____	Skinfold or other Body Comp	_____	Skinfold or other Body Comp	_____	Skinfold or other Body Comp	_____
Female		Female		Female		Female		Female	
Tricep	_____	Tricep	_____	Tricep	_____	Tricep	_____	Tricep	_____
Suprailliac	_____	Suprailliac	_____	Suprailliac	_____	Suprailliac	_____	Suprailliac	_____
Front Thigh	_____	Front Thigh	_____	Front Thigh	_____	Front Thigh	_____	Front Thigh	_____
Male		Male		Male		Male		Male	
Chest	_____	Chest	_____	Chest	_____	Chest	_____	Chest	_____
Abdominal	_____	Abdominal	_____	Abdominal	_____	Abdominal	_____	Abdominal	_____
Front Thigh	_____	Front Thigh	_____	Front Thigh	_____	Front Thigh	_____	Front Thigh	_____
Body Fat %	_____	Body Fat %	_____	Body Fat %	_____	Body Fat %	_____	Body Fat %	_____