



BODY MEASUREMENTS WORKSHEET

START DATE	DAY 1	30 DAYS	60 DAYS	90 DAYS
ARMS	R: L:	R: L:	R: L:	R: L:
CHEST				
WAIST (AT BELLY BUTTON)				
HIPS				
THIGHS	R: L:	R: L:	R: L:	R: L:
BODY FAT %				
AM WEIGHT				

For most consistent results, take measurements at the same time of day every time and before you workout.

Workout Notes: