



MEASUREMENT PROGRESS LOG

NAME: _____

STARTING WEIGHT: _____

YOUR BEGINNING MEASUREMENTS AND BODY POSITION ANALYSIS WILL BE RECORDED IN THE 1ST COLUMN PRIOR TO YOUR FIRST TRAINING SESSION. THEN, AT EACH SCHEDULED FITNESS ASSESSMENT , ANOTHER SET OF MEASUREMENTS AND SKIN CALIPER TESTS WILL BE PERFORMED.

THIS WILL ALLOW YOU TO SEE MATHEMATICAL PROOF OF YOUR PROGRESS! AND IT'LL ALSO HELP US MAKE MINOR ADJUSTMENTS TO YOUR PROGRAM TO ENSURE CONTINUOUS PROGRESS FROM WEEK TO WEEK.

	1	2	3	4	5	6
DATE:						
BODY WEIGHT:						
GIRTH MEASUREMENTS:	(INCHES)	(INCHES)	(INCHES)	(INCHES)	(INCHES)	(INCHES)
NECK:						
SHOULDERS:						
CHEST:						
WAIST:						
HIPS:						
UPPER ARM EXTENDED:						
UPPER ARM FLEXED:						
FOREARM EXTENDED:						
WRIST:						
THIGH:						
KNEE:						
CALF:						
ANKLE:						
SKIN FOLD MEASUREMENTS:	(MM)	(MM)	(MM)	(MM)	(MM)	(MM)
WOMEN:						
TRICEPS:						
SUPRAILIUM:						
THIGH:						
MEN:						
CHEST:						
ABDOMEN:						
THIGH:						
SUM OF SKIN FOLDS (MM):						
PERCENT BODY FAT:	%	%	%	%	%	%
TOTAL FAT WEIGHT:	LBS	LBS	LBS	LBS	LBS	LBS
TOTAL LEAN WEIGHT:	LBS	LBS	LBS	LBS	LBS	LBS
PROGRESS:						

WORKOUTSMARTER: THE MOBILE FITNESS PROFESSIONALS
 DELIVERING GUARANTEED FITNESS RESULTS TO YOUR FRONT DOOR.

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