



# MEASUREMENTS CHART

**NAME:** \_\_\_\_\_ **BIRTHDAY:** \_\_\_\_/\_\_\_\_/\_\_\_\_

<b>AGE:</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>	<b>DATE</b>
<b>HEIGHT:</b>												
<b>LBS</b>												
<b>BF%</b>												
<b>LBW</b>												
<b>FAT LBS</b>												

## MEASUREMENTS:

<b>NECK</b>												
<b>SHOULDER</b>												
<b>CHEST</b>												
<b>BICEP</b>												
<b>WAIST</b>												
<b>HIPS</b>												
<b>THIGH</b>												
<b>CALF</b>												
<b>TOTAL INCH'S LOST</b>	X											

## **BF% INTERMEDIATE GOALS:**

**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

**ELITE**

