



MEASUREMENTS & SKINFOLDS

NAME:	WEEK 1	WEEK 4	WEEK 8	WEEK 12
DATE				
MEASUREMENTS (cm):				
ARM RELAXED				
ARM FLEXED				
SHOULDERS				
CHEST				
WAIST UMBILICUS				
HIPS				
MID THIGH				
CALF				
SKINFOLDS (mm):				
TRICEPS				
SUB SCAPULA				
BICEPS				
MID AXILLA				
SUPRA-ILLIAC				
UMBILICUS				
THIGHS				
CALF				
HAMSTRING				
CHEST				
CHEEK				
CHIN				
Estimated % BF				
WEIGHT (Kg)				
PERSONAL INFO				
HEIGHT				
AGE				