

Personal Measurements

	Date	Date	Date	Date	Date	Date	Date	Date
Weight								
Chest								
Waist								
Hips								
Left Arm - Bicep								
Right Arm - Bicep								
Left Arm - Forearm								
Right Arm - Forearm								
Left Thigh								
Right Thigh								
Left Calf								
Right Calf								
Body Fat								