

Body Measurements

MONTH / YEAR

CHEST
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

ARM
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

WAIST
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

HIP
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

THIGH
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

CALF
WEEK 1 :
WEEK 2 :
WEEK 3 :
WEEK 4 :
GOAL :

