

BODY PROGRESS

| DATE | | | | | | | |
|---------------|--|--|--|--|--|--|--|
| WEIGHT | | | | | | | |
| CLOTHING SIZE | | | | | | | |
| BODY FAT | | | | | | | |

| | | | | | | | |
|--------|--|--|--|--|--|--|--|
| NECK | | | | | | | |
| CHEST | | | | | | | |
| ARMS | | | | | | | |
| WRISTS | | | | | | | |
| WAIST | | | | | | | |
| HIPS | | | | | | | |
| THIGHS | | | | | | | |
| CALFS | | | | | | | |
| ANKLES | | | | | | | |

