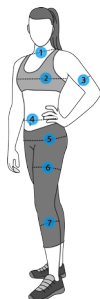


What gets measured gets improved.

Knowing where you stand is a key step toward reaching your destination.

Weight alone does not always give you the right insight into your physical health. Your weight could remain unchanged or even increase even if you exercise and lose body fat due to the fact that muscle is heavier than fat. Taking your body measurements regularly will give you a more reliable view of your body fitness.

Your Progress

[illegible]

START

Date: / /20

	Weight	BMI	Neck	Bicep	Chest	Waist	Hips	Thigh	Calf
1	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
2	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
3	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
4	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
5	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
6	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
7	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
8	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
9	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
10	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
11	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
12	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
13	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
14	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
15	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
16	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
17	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
18	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
19	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
20	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
21	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
22	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
23	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
24	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
25	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
26	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
27	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
28	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
29	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
30	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
31	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
32	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
33	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
34	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
35	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
36	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
37	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
38	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5
39	150	22.5	13.5	13.5	35.5	35.5	35.5	20.5	11.5

GOAL

Date: / /20

	Weight	BMI	Neck	Bicep	Chest	Waist	Hips	Thigh	Calf
1	150	22.5	13.5	13.5	35.5	35.5	45.5	22.5	13.5
2	160	23.5	14.0	14.0	36.5	36.5	46.5	23.5	14.0
3	170	24.5	14.5	14.5	37.5	37.5	47.5	24.5	14.5
4	180	25.5	15.0	15.0	38.5	38.5	48.5	25.5	15.0
5	190	26.5	15.5	15.5	39.5	39.5	49.5	26.5	15.5
6	200	27.5	16.0	16.0	40.5	40.5	50.5	27.5	16.0
7	210	28.5	16.5	16.5	41.5	41.5	51.5	28.5	16.5
8	220	29.5	17.0	17.0	42.5	42.5	52.5	29.5	17.0
9	230	30.5	17.5	17.5	43.5	43.5	53.5	30.5	17.5
10	240	31.5	18.0	18.0	44.5	44.5	54.5	31.5	18.0
11	250	32.5	18.5	18.5	45.5	45.5	55.5	32.5	18.5
12	260	33.5	19.0	19.0	46.5	46.5	56.5	33.5	19.0
13	270	34.5	19.5	19.5	47.5	47.5	57.5	34.5	19.5
14	280	35.5	20.0	20.0	48.5	48.5	58.5	35.5	20.0
15	290	36.5	20.5	20.5	49.5	49.5	59.5	36.5	20.5
16	300	37.5	21.0	21.0	50.5	50.5	60.5	37.5	21.0
17	310	38.5	21.5	21.5	51.5	51.5	61.5	38.5	21.5
18	320	39.5	22.0	22.0	52.5	52.5	62.5	39.5	22.0
19	330	40.5	22.5	22.5	53.5	53.5	63.5	40.5	22.5
20	340	41.5	23.0	23.0	54.5	54.5	64.5	41.5	23.0
21	350	42.5	23.5	23.5	55.5	55.5	65.5	42.5	23.5
22	360	43.5	24.0	24.0	56.5	56.5	66.5	43.5	24.0
23	370	44.5	24.5	24.5	57.5	57.5	67.5	44.5	24.5
24	380	45.5	25.0	25.0	58.5	58.5	68.5	45.5	25.0
25	390	46.5	25.5	25.5	59.5	59.5	69.5	46.5	25.5
26	400	47.5	26.0	26.0	60.5	60.5	70.5	47.5	26.0
27	410	48.5	26.5	26.5	61.5	61.5	71.5	48.5	26.5
28	420	49.5	27.0	27.0	62.5	62.5	72.5	49.5	27.0
29	430	50.5	27.5	27.5	63.5	63.5	73.5	50.5	27.5
30	440	51.5	28.0	28.0	64.5	64.5	74.5	51.5	28.0
31	450	52.5	28.5	28.5	65.5	65.5	75.5	52.5	28.5
32	460	53.5	29.0	29.0	66.5	66.5	76.5	53.5	29.0
33	470	54.5	29.5	29.5	67.5	67.5	77.5	54.5	29.5
34	480	55.5	30.0	30.0	68.5	68.5	78.5	55.5	30.0
35	490	56.5	30.5	30.5	69.5	69.5	79.5	56.5	30.5
36	500	57.5	31.0	31.0	70.5	70.5	80.5	57.5	31.0
37	510	58.5	31.5	31.5	71.5	71.5	81.5	58.5	31.5
38	520	59.5	32.0	32.0	72.5	72.5	82.5	59.5	32.0
39	530	60.5	32.5	32.5	73.5	73.5	83.5	60.5	32.5
40	540	61.5	33.0	33.0	74.5	74.5	84.5	61.5	33.0
41	550	62.5	33.5	33.5	75.5	75.5	85.5	62.5	33.5
42	560	63.5	34.0	34.0	76.5	76.5	86.5	63.5	34.0
43	570	64.5	34.5	34.5	77.5	77.5	87.5	64.5	34.5
44	580	65.5	35.0	35.0	78.5	78.5	88.5	65.5	35.0
45	590	66.5	35.5	35.5	79.5	79.5	89.5	66.5	35.5
46	600	67.5	36.0	36.0	80.5	80.5	90.5	67.5	36.0
47	610	68.5	36.5	36.5	81.5	81.5	91.5	68.5	36.5
48	620	69.5	37.0	37.0	82.5	82.5	92.5	69.5	37.0
49	630	70.5	37.5	37.5	83.5	83.5	93.5	70.5	37.5
50	640	71.5	38.0	38.0	84.5	84.5	94.5	71.5	38.0
51	650	72.5	38.5	38.5	85.5	85.5	95.5	72.5	38.5
52	660	73.5	39.0	39.0	86.5	86.5	96.5	73.5	39.0
53	670	74.5	39.5	39.5	87.5	87.5	97.5	74.5	39.5
54	680	75.5	40.0	40.0	88.5	88.5	98.5	75.5	40.0
55	690	76.5	40.5	40.5	89.5	89.5	99.5	76.5	40.5
56	700	77.5	41.0	41.0	90.5	90.5	100.5	77.5	41.0
57	710	78.5	41.5	41.5	91.5	91.5	101.5	78.5	41.5
58	720	79.5	42.0	42.0	92.5	92.5	102.5	79.5	42.0
59	730	80.5	42.5	42.5	93.5	93.5	103.5	80.5	42.5
60	740	81.5	43.0	43.0	94.5	94.5	104.5	81.5	43.0
61	750	82.5	43.5	43.5	95.5	95.5	105.5	82.5	43.5
62	760	83.5	44.0	44.0	96.5	96.5	106.5	83.5	44.0
63	770	84.5	44.5	44.5	97.5	97.5	107.5	84.5	44.5
64	780	85.5	45.0	45.0	98.5	98.5	108.5	85.5	45.0
65	790	86.5	45.5	45.5	99.5	99.5	109.5	86.5	45.5
66	800	87.5	46.0	46.0	100.5	100.5	110.5	87.5	46.0
67	810	88.5	46.5	46.5	101.5	101.5	111.5	88.5	46.5
68	820	89.5	47.0	47.0	102.5	102.5	112.5	89.5	47.0
69	830	90.5	47.5	47.5	103.5	103.5	113.5	90.5	47.5
70	840	91.5	48.0	48.0	104.5	104.5	114.5	91.5	48.0
71	850	92.5	48.5	48.5	105.5	105.5	115.5	92.5	48.5
72	860	93.5	49.0	49.0	106.5	106.5	116.5	93.5	49.0
73	870	94.5	49.5	49.5	107.5	107.5	117.5	94.5	49.5
74	880	95.5	50.0	50.0	108.5	108.5	118.5	95.5	50.0
75	890	96.5	50.5	50.5	109.5	109.5	119.5	96.5	50.5
76	900	97.5	51.0	51.0	110.5	110.5	120.5	97.5	51.0
77	910	98.5	51.5	51.5	111.5	111.5	121.5	98.5	51.5
78	920	99.5	52.0	52.0	112.5	112.5	122.5	99.5	52.0
79	930	100.5	52.5	52.5	113.5	113.5	123.5	100.5	52.5
80	940	101.5	53.0	53.0	114.5	114.5	124.5	101.5	53.0
81	950	102.5	53.5	53.5	115.5	115.5	125.5	102.5	53.5
82	960	103.5	54.0	54.0	116.5	116.5	126.5	103.5	54.0
83	970	104.5	54.5	54.5	117.5	117.5	127.5	104.5	54.5
84	980	105.5	55.0	55.0	118.5	118.5	128.5	105.5	55.0
85	990	106.5	55.5	55.5	119.5	119.5	129.5	106.5	55.5
86	1000	107.5	56.0	56.0	120.5	120.5	130.5	107.5	56.0
87	1010	108.5	56.5	56.5	121.5	121.5	131.5	108.5	56.5
88	1020	109.5	57.0	57.0	122.5	122.5	132.5	109.5	57.0
89	1030	110.5	57.5	57.5	123.5	123.5	133.5	110.5	57.5
90	1040	111.5	58.0	58.0	124.5	124.5	134.5	111.5	58.0
91	1050	112.5	58.5	58.5	125.5	125.5	135.5	112.5	58.5
92	1060	113.5	59.0	59.0	126.5	126.5	136.5	113.5	59.0
93	1070	114.5	59.5	59.5	127.5	127.5	137.5	114.5	59.5
94	1080	115.5	60.0	60.0	128.5	128.5	138.5	115.5	60.0
95	1090	116.5	60.5	60.5	129.5	129.5	139.5	116.5	60.5
96	1100	117.5	61.0	61.0	130.5	130.5	140.5	117.5	61.0
97	1110	118.5	61.5	61.5	131.5	131.5	141.5	118.5	61.5
98	1120	119.5	62.0	62.0	132.5	132.5	142.5	119.5	62.0
99	1130	120.5	62.5	62.5	133.5	133.5	143.5	120.5	62.5
100	1140	121.5	63.0	63.0	134.5	134.5	144.5	121.5	63.0

Weight/BMI Tracker

[illegible]

Weight/BMI