

Record Tracker

PERSONAL INFORMATION							
NAME:							
AGE:		HEIGHT:	ft.	in.			

BODY COMPOSITION							
Date	/	/	/	/	/	/	/
Weight:	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
Biceps / Left:	in.	in.	in.	in.	in.	in.	in.
Biceps / Right:	in.	in.	in.	in.	in.	in.	in.
Neck:	in.	in.	in.	in.	in.	in.	in.
Chest:	in.	in.	in.	in.	in.	in.	in.
Shoulders:	in.	in.	in.	in.	in.	in.	in.
Waist:	in.	in.	in.	in.	in.	in.	in.
Hips:	in.	in.	in.	in.	in.	in.	in.
Thigh / Left:	in.	in.	in.	in.	in.	in.	in.
Thigh / Right:	in.	in.	in.	in.	in.	in.	in.
Calf / Left:	in.	in.	in.	in.	in.	in.	in.
Calf / Right:	in.	in.	in.	in.	in.	in.	in.
Bodyfat %:	%	%	%	%	%	%	%