



# BODY MEASUREMENTS keep on keeping on!

Date								
Chest								
Left Forearm								
Right Forearm								
Left Bicep								
Right Bicep								
Waist								
Hips								
Left Thigh								
Right Thigh								
Left Calf								
Right Calf								
Weight								

Date								
Chest								
Left Forearm								
Right Forearm								
Left Bicep								
Right Bicep								
Waist								
Hips								
Left Thigh								
Right Thigh								
Left Calf								
Right Calf								
Weight								

Date								
Chest								
Left Forearm								
Right Forearm								
Left Bicep								
Right Bicep								
Waist								
Hips								
Left Thigh								
Right Thigh								
Left Calf								
Right Calf								
Weight								