

## Record Tracker

PERSONAL INFORMATION							
<b>NAME:</b>							
<b>AGE:</b>		<b>HEIGHT:</b>	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 %:	%	%	%	%	%	%	%
BMI %:	%	%	%	%	%	%	%