

Camp Start Date: \_\_\_/\_\_\_/\_\_\_

## Record Tracker

PERSONAL INFORMATION			
<b>NAME:</b>			
<b>AGE:</b>		<b>HEIGHT:</b>	ft.    in.

BODY COMPOSITION							
Date	/	/	/	/	/	/	/
Weight:	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 %:	%	%	%	%	%	%	%

Please fill in these areas