

Body Measurements and Weighing

Date: ____/____/____ ____/____/____ ____/____/____ ____/____/____

Arms:

Biceps _____ Inches _____ Inches _____ Inches _____ Inches

Forearms _____ Inches _____ Inches _____ Inches _____ Inches

Upper Torso:

Chest _____ Inches _____ Inches _____ Inches _____ Inches

Shoulders _____ Inches _____ Inches _____ Inches _____ Inches

Lower Torso:

Waist _____ Inches _____ Inches _____ Inches _____ Inches

Hips _____ Inches _____ Inches _____ Inches _____ Inches

Legs:

Upper Thigh _____ Inches _____ Inches _____ Inches _____ Inches

Lower Thigh _____ Inches _____ Inches _____ Inches _____ Inches

Calf _____ Inches _____ Inches _____ Inches _____ Inches

Water Weight -(weighing yourself before and after workouts) _____ Pounds _____ Pounds _____ Pounds _____ Pounds

_____ Pounds _____ Pounds _____ Pounds _____ Pounds

_____ Pounds _____ Pounds _____ Pounds _____ Pounds

(One liter of water weighs 2.25 pounds.) _____ Pounds _____ Pounds _____ Pounds _____ Pounds

(You can lose anywhere from _____ Pounds _____ Pounds _____ Pounds _____ Pounds

approximately .4 to 1.8 liters per hour.) _____ Pounds _____ Pounds _____ Pounds _____ Pounds