

## 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
_____	Pounds	_____	Pounds	_____	Pounds	_____	Pounds
_____	Pounds	_____	Pounds	_____	Pounds	_____	Pounds
_____	Pounds	_____	Pounds	_____	Pounds	_____	Pounds

(One liter of water weighs 2.25 pounds.)  
 (You can lose anywhere from approximately .4 to 1.8 liters per hour.)