

# Body Measurements

Date:

Weight:

Fat %:

## Tape Measurements

Arms- Left:

Right:

Forearms- Left:

Right:

Chest:

Thighs- Left:

Right:

Calves- Left:

Right:

Hips:

Waist @belly button:

## Fat Caliper Measurements

Arms- Left:

Right:

Forearms- Left:

Right:

Chest:

Thighs- Left:

Right:

Calves- Left:

Right:

Hips:

Waist @belly button:

