

## PROGRESS RECORD SHEET

<b>Beginning</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>
Date:						
Weight						
Fat %						
R-Calf						
R-Thigh						
Waist						
Hips						
Chest						
R-Bicep						
Weight change (since last weigh-in)						
Fat % change (since last weigh-in)						

<b>Beginning</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>	<b>Week</b>
Date:						
Weight						
Fat %						
R-Calf						
R-Thigh						
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Hips						
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Weight change (since last weigh-in)						
Fat % change (since last weigh-in)						