Fat Loss Girth Measurement Record

Name: _____

Age: _____ **Height:** _____

Present weight _____ **Goal weight:** _____

Beginning Date **Ending Date**

Date:								
Weight / BMI	/		/		/		/	
Measurements	**Left**	**Right**	**Left**	**Right**	**Left**	**Right**	**Left**	**Right**
Head								
Neck								
Around the Armpit Area								
Chest (nipple area)								
Below the Chest/Breast								
Above the Belly button								
At the Belly button								
Below the Belly button								
Hips (widest point)								
Upper arm (6" from elbow)								
Forearm (3" from elbow)								
Wrist								
Thigh (9" from kneecap)								
Knee cap area								
Leg (6" from knee cap)								
Ankle								
Foot								
Date:								
Weight / BMI	/		/		/		/	
Measurements	**Left**	**Right**	**Left**	**Right**	**Left**	**Right**	**Left**	**Right**
Head								
Neck								
Around the Armpit Area								
Chest (nipple area)								
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