Name:_____

Height:_____

Goal Weight: _____

Bethesda Project Fitness

MEASUREMENTS

DATE	DATE	DATE	DATE	DATE	DATE	DATE
(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:	(R) WRIST: (L) WRIST:
(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:	(R) FOREARM: (L) FOREARM:
(R) ARM: (L) ARM:	(R) ARM: (L) ARM:	(R) ARM: (L) ARM:	(R) ARM: (L) ARM:	(R) ARM: (L) ARM:	(R) ARM: (L) ARM:	(R) ARM: (L) ARM:
WAIST:	WAIST:	WAIST:	WAIST:	WAIST:	WAIST:	WAIST:
HIPS:	HIPS:	HIPS:	HIPS:	HIPS:	HIPS:	HIPS:
(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:	(R) THIGH: (L) THIGH:
WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:	WEIGHT: TIME: CLOTHING:
NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES: