



Name: _____

Phone: _____ Email: _____

D.O.B.: _____ Age: _____ Body Weight: _____ Height: _____

*MENS BODY FAT ASSESSMENT

DATE	BW	*CHEST	*THIGH	*ABS	BACK	AXILLIA	HIP	TRICEP	BICEP	CALF	3pt	BF%	9pt	BF%	LBW	FBW	BF% LOST

BODY GIRTH MEASUREMENTS

DATE	CHEST	WAIST	BB	HIPS	BUTT	R-ARM	L-ARM	R-TOP	R-MID	R-LOW	L-TOP	L-MID	L-LOW	R-CALF	L-CALF	FOREARM	NECK

NOTES: