



MEASUREMENT LOG

at a glance

DATE	WEIGHT	WAIST-TO-HIP RATIO	RESTING HEART RATE

MEASUREMENT LOG

date: _____

LANDMARK	MEASUREMENT
Resting Heart Rate	
Weight	
Neck	
Chest	
Waist	
Hips	
Thigh	R: L:
Calf	R: L:
Bicep	R: L:
Forearm	R: L: