

Name: \_\_\_\_\_ Coach: \_\_\_\_\_

Products: \_\_\_\_\_

**Intro #s (date)** \_\_\_\_\_: Weight: \_\_\_\_\_

If at the club and using a Tanita Scale:

Body Fat % \_\_\_\_\_ Lean Body Mass \_\_\_\_\_ Visceral Fat \_\_\_\_\_ Hydration \_\_\_\_\_

Resting Metabolic Rate \_\_\_\_\_ Metabolic Age \_\_\_\_\_

Measurements:

Upper Chest \_\_\_\_\_ Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Rt Thigh \_\_\_\_\_ Lt Thigh \_\_\_\_\_

Rt Bicep \_\_\_\_\_ Lt Bicep \_\_\_\_\_ Neck \_\_\_\_\_

**Wk 1: (date)** \_\_\_\_\_ Weight: \_\_\_\_\_

**Wk 2: (date)** \_\_\_\_\_ Weight: \_\_\_\_\_

**Wk 3: (date)** \_\_\_\_\_ Weight: \_\_\_\_\_

**Wk 4: (date)** \_\_\_\_\_ Weight: \_\_\_\_\_

**Wk 5: (date)** \_\_\_\_\_ Weight: \_\_\_\_\_

**FINAL #s (date)** \_\_\_\_\_: Weight: \_\_\_\_\_

If at the club and using a Tanita Scale:

Body Fat % \_\_\_\_\_ Lean Body Mass \_\_\_\_\_ Visceral Fat \_\_\_\_\_ Hydration \_\_\_\_\_

Resting Metabolic Rate \_\_\_\_\_ Metabolic Age \_\_\_\_\_

Measurements:

Upper Chest \_\_\_\_\_ Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Rt Thigh \_\_\_\_\_ Lt Thigh \_\_\_\_\_

Rt Bicep \_\_\_\_\_ Lt Bicep \_\_\_\_\_ Neck \_\_\_\_\_