

**INSANITY****THE ASYLUM****VOLUME 2**

<b>Measurements</b>	<b>Body Beast Milestone</b>	<b>Day 1</b>	<b>Day 28</b>
	<b>Date</b>		
	Body Fat (Jackson/Pollock 3 Caliper Method) Go to: <a href="http://www.linear-software.com/online.html">http://www.linear-software.com/online.html</a>	Chest - ____mm Abs - ____mm Thigh - ____mm BF% = ____	Chest - ____mm Abs - ____mm Thigh - ____mm BF% = ____
	Weight		
	BMI		
	Chest		
	Waist		
	Hips		
	Right Thigh		
	Left Thigh		
	Right Arm		
	Left Arm		

**WORKSHEETS COMPLETED BY:  
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