



Body Beast Milestone		Day 1	Day 28	Day 56	Day 90
Measurements	Date				
	Body Fat (Jackson/Pollock 3 Caliper Method) Go to: http://www.linear-software.com/online.html	Chest - ____mm Abs - ____mm Thigh - ____mm BF% = ____	Chest - ____mm Abs - ____mm Thigh - ____mm BF% = ____	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				

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