


Nutrition Log	Start Date: 03/12/24	End Date: 06/12/24	
Name: John Smith			

Short Term Goals: **Lose 5lbs**

Long Term Goals: **Lose 5 inches from waist, increase chest by 2 inches, biceps by 3 inches, lose 30lbs**

Your Information	
Weight:	225
Body Fat %:	19
Neck Inches:	N/A
Chest Inches	42
Waist Inches	44
Hip Inches	43
Thigh Inches	33
Calves Inches:	21
Forearms Inches:	12
Biceps Inches:	15
Total Inches:	210

Month 1 (Checkup)	
Weight:	219
Body Fat %:	19
Neck Inches:	N/A
Chest Inches	44
Waist Inches	44
Hip Inches	43
Thigh Inches	32
Calves Inches:	21
Forearms Inches:	12
Biceps Inches:	16
Total Inches:	212

Comments & Notes:

Started cardio 2 times a week on the treadmill, taking whey protein supplement, have a torn right quad etc.

Month 2 (Checkup)	
Weight:	
Body Fat %:	
Neck Inches:	
Chest Inches	
Waist Inches	
Hip Inches	
Thigh Inches	
Calves Inches:	
Forearms Inches:	
Biceps Inches:	
Total Inches:	

Month 3 (Checkup)	
Weight:	
Body Fat %:	
Neck Inches:	
Chest Inches	
Waist Inches	
Hip Inches	
Thigh Inches	
Calves Inches:	
Forearms Inches:	
Biceps Inches:	
Total Inches:	