


Nutrition Log	Start Date:	End Date:	
Name:			
Short Term Goals:			
Long Term Goals:			

Your Information	
Weight:	
Body Fat %:	
Neck Inches:	
Chest Inches	
Waist Inches	
Hip Inches	
Thigh Inches	
Calves Inches:	
Forearms Inches:	
Biceps Inches:	
Total Inches:	

Month 1 (Checkup)	
Weight:	
Body Fat %:	
Neck Inches:	
Chest Inches	
Waist Inches	
Hip Inches	
Thigh Inches	
Calves Inches:	
Forearms Inches:	
Biceps Inches:	
Total Inches:	

Comments & Notes:

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:	