Name:		13 Week Measurements & Progress													
Coach:															
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	Results	
Date															
Body Weight															
Waist (Navel)															
Hips (Tronchater)															
Body Fat% Method:															
Suprailiac Skinfold (mm)															
							Notes								