



Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Body Weight: \_\_\_\_\_ Height: \_\_\_\_\_

**\*MENS BODY FAT ASSESSMENT**

DATE	BW	*CHEST	*THIGH	*ABS	BACK	AXILLIA	HIP	TRICEP	BICEP	CALF	3pt	BF%	9pt	BF%	LBW	FBW	BF% LOST

**BODY GIRTH MEASUREMENTS**

DATE	CHEST	WAIST	BB	HIPS	BUTT	R-ARM	L-ARM	R-TOP	R-MID	R-LOW	L-TOP	L-MID	L-LOW	R-CALF	L-CALF	FOREARM	NECK

NOTES: