



MONTHLY CHECK-IN SHEET

WEIGHT:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK'S AVERAGE	WEEK'S GOAL
WEEK 1									
WEEK 2									
WEEK 3									
WEEK 4									

BODY FAT (CALIPERS):

7-POINT CALIPER MEASUREMENTS:	WEEK 1	WEEK 2	WEEK 3	WEEK 4
TRICEPS				
PECTORAL (CHEST)				
MIDAXILLA (RIBS)				
SUBSCAPULA (SHOULDER BLADE)				
ABDOMINAL (BELLY BUTTON)				
SUPRAILIAC (ABOVE HIP BONE)				
QUADRICEPS				
BODY FAT %:				

BIOELECTRICAL IMPEDANCE:

WEEK 1	WEEK 2
WEEK 3	WEEK 4

WEEKLY NOTES & GOALS:

CIRCUMFERENCE MEASUREMENTS:

BEST MEASURED IN CM ONE SIDE OF BODY ONLY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
UPPER ARM (PEAK OF BICEP)				
CHEST (AROUND THE NIPPLE)				
WAIST (SMALLEST PART)				
BELLY (LARGEST PART)				
HIPS (MID-GLUTE)				
QUADRICEPS (LARGEST PART)				
CALF (UPPER GASTROC)				