



Client Progress Chart

Slow Progress is Better than No Progress!

	Baseline	1 Month Mark	2 Month Mark	3 Month Mark	4 Month Mark	5 Month Mark	6 Month Mark
INCHES	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
RIGHT BICEP							
LEFT BICEP							
CHEST							
UPPER WAIST							
LOWER WAIST							
HIPS							
RIGHT THIGH							
LEFT THIGH							
RIGHT CALF							
LEFT CALF							

BODY FAT							
BICEP							
TRICEP							
SUBSCAPULAR							
SUPRAILAIAC							
TOTAL MM	MM	MM	MM	MM	MM	MM	MM
% FAT	%	%	%	%	%	%	%

EXTRA							
SCALE WEIGHT	LB.	LB.	LB.	LB.	LB.	LB.	LB.
HAND HELD	%	%	%	%	%	%	%
NORMAL RANGE							