

# MEASURE UP



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

Day: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_

Comments:

## BODY COMPOSITION

ONLY FILL OUT WHAT YOU CAN

SCALES USED \_\_\_\_\_

Height 1. \_\_\_\_\_ 2. \_\_\_\_\_

Weight 1. \_\_\_\_\_ 2. \_\_\_\_\_

Body Fat% 1. \_\_\_\_\_ 2. \_\_\_\_\_

Bone 1. \_\_\_\_\_ 2. \_\_\_\_\_

Muscle 1. \_\_\_\_\_ 2. \_\_\_\_\_

Metabolic Age 1. \_\_\_\_\_ 2. \_\_\_\_\_

Chest 1. \_\_\_\_\_ 2. \_\_\_\_\_

Waist 1. \_\_\_\_\_ 2. \_\_\_\_\_

Belly Button 1. \_\_\_\_\_ 2. \_\_\_\_\_

Butt 1. \_\_\_\_\_ 2. \_\_\_\_\_

Thighs 1. L \_\_\_\_\_ R \_\_\_\_\_ 2. L \_\_\_\_\_ R \_\_\_\_\_

## PHOTOS

FRONT, BACK, LEFT AND RIGHT