

# 12-WEEK PROGRESS CONTROL LOG

MEASUREMENTS	1				2				3			
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
NECK												
CHEST												
WAIST												
HIPS												
THIGHS												
ARMS												
WEIGHT												
% BODY FAT												