



# BODY LOG



	ACTUAL	GOAL		ACTUAL	GOAL
<b>WEIGHT/BMI</b>			<b>WEIGHT/BMI</b>		
<b>SIZE</b>			<b>SIZE</b>		
<b>CHEST</b>			<b>CHEST</b>		
<b>WAIST</b>			<b>WAIST</b>		
<b>HIPS</b>			<b>HIPS</b>		
<b>RT THIGH</b>			<b>RT THIGH</b>		
<b>LFT THIGH</b>			<b>LFT THIGH</b>		
<b>RIGHT ARM</b>			<b>RIGHT ARM</b>		
<b>LEFT ARM</b>			<b>LEFT ARM</b>		
<b>WEIGHT/BMI</b>			<b>WEIGHT/BMI</b>		
<b>SIZE</b>			<b>SIZE</b>		
<b>CHEST</b>			<b>CHEST</b>		
<b>WAIST</b>			<b>WAIST</b>		
<b>HIPS</b>			<b>HIPS</b>		
<b>RT THIGH</b>			<b>RT THIGH</b>		
<b>LFT THIGH</b>			<b>LFT THIGH</b>		
<b>RIGHT ARM</b>			<b>RIGHT ARM</b>		
<b>LEFT ARM</b>			<b>LEFT ARM</b>		