

## 12 WEEK PROGRESS CHART

### Accu-Measure Single Site Measurement

Week	Date of Test	Iliac Skinfold Thickness (mm)	Bodyfat Percentage	Total Body Weight	Fat Weight	Lean Body Weight	Change (+ / -) in Lean Body Mass	Change (+ / -) in Fat Mass	Weekly Weight Change	Total Weight Change to Date	Total Body Fat Change To Date
Start											
Week 1											
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
Week 7											
Week 8											
Week 9											
Week 10											
Week 11											
Finish											
Week 12											