

12 WEEK PROGRESS CHART

Multi-Site Skinfold Caliper Test

Week	Date of Test	Skinfold #1:	Skinfold #2:	Skinfold #3:	Skinfold #4:	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
		(location)	(location)	(location)	(location)									
Start														
Week 1														
Week 2														
Week 3														
Week 4														
Week 5														
Week 6														
Week 7														
Week 8														
Week 9														
Week10														
Week 11														
Finish														
Week 12														