

12 WEEK PROGRESS CHART

Multi-Site Skinfold Caliper Test

Week	Date of Test	Skinfold #1: (location)	Skinfold #2: (location)	Skinfold #3: (location)	Skinfold #4: (location)	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
		Skinfold #1: (location)	Skinfold #2: (location)	Skinfold #3: (location)	Skinfold #4: (location)									
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														