

the
fitness cult

by Kailey Vieweg Rodriguez

making fitness a lifestyle

At-a-Glance Progress Tracker

Date	Weight	Waist-to-Hip Ratio	Resting Heart Rate

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Measurements Log

Date: _____

Landmark	Measurement
Resting Heart Rate	
Weight	
Neck	
Chest	
Waist	
Hips	
Thigh - Right	
Thigh - Left	
Calf - Right	
Calf - Left	
Bicep - Right	
Bicep - Left	
Forearm - Right	
Forearm - Left	

Waist-to-Hip Ratio		
Waist Measurement		=
Hips Measurement		