

PERSONAL STATS FITNESS TRACKER



Today's Date _____ Review Date _____

3 FITNESS GOALS

1. _____
2. _____
3. _____

**BMI
(BODY
MASS
INDEX)**

**CURRENT
WEIGHT**

**CALORIE
INTAKE**

**TOTAL DAILY
ENERGY
EXPENDITURE**

CURRENT MEASUREMENTS

Neck _____

Arms Left/Right _____

Breast _____

Waist _____

Hips _____

Thighs Left/Right _____