

# Fitness Tracker

Start Date \_\_\_\_\_ Review Date \_\_\_\_\_

**BMI  
(BODY  
MASS  
INDEX)**

\_\_\_\_\_

## **3 FITNESS GOALS**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**CURRENT  
WEIGHT**

\_\_\_\_\_

## **CURRENT MEASUREMENTS**

Neck \_\_\_\_\_

Arms Left \_\_\_\_\_

Arm Right \_\_\_\_\_

Breast \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh Left \_\_\_\_\_

Thigh Right \_\_\_\_\_

**CALORIE  
INTAKE**

\_\_\_\_\_

**TOTAL DAILY  
ENERGY  
EXPENDITURE**

\_\_\_\_\_