

# Fitness Progress Chart

Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Forearm (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight
1-Jan-10	140	32	31	40	11.5	103.8	36.2
10-Jan-10	140	32	31	39.5	11.5	103.9	36.1
20-Jan-10	139	32	31	39.5	11.5	103.2	35.8
30-Jan-10	138	31	30	39	11	103.4	35.6
3-Feb-10	138	31	30	39	11	103.4	35.6

Estimated Body  
Fat Percentage

25.9

25.8

25.8

25.6

25.6