

Body Composition

LockOnFitness.com

Date: _____

Measurements are in: Inches

Centimeters

Height: _____

Measure while barefoot

Neck: _____

Measure just below larynx

Abdomen I: _____

Measure at narrowest part of abdomen,
just below the ribs

Abdomen II: _____

Measure at belly-button

Hips: _____

Measure at largest circumference of hips

Weight is in: lbs

kg

Weight: _____

Notes: