

FITNESS PROGRESS CHART						
Date	Weight	Chest	Waist	Hips	Forearm	Estimated Lean Body
03-05-2013	140	32	31	40	11.5	103.8
11-05-2013	140	32	31	39.5	11.5	103.9
19-05-2013	139	32	31	39.5	11.5	103.2
26-05-2013	138	31	30	39	11	103.4
01-06-2013	138	31	30	39	11	103.4

Estimated Body Fat	Estimated Body Fat %	Formula	
36.2	0.259		ADD
36.1	0.258		SUM
35.8	0.258		MUL
35.6	0.256		DIV
35.6	0.256		EXP