

CLIENT NAME

DATE

TRAINER

ASSESSMENT TYPE:

☐

Initial

☐

Follow-Up

☐

Progress Assessment

MEASUREMENT GUIDELINES

☐

Inches

☐

Centimeters

- Measure against bare skin or light, close-fitting clothing.
- Use a flexible measuring tape; keep it level and snug without compressing the skin.
- Take measurements at the same anatomical landmarks each time.
- Ideally measure at the same time of day and under similar conditions.
- Record to the nearest ¼ inch.

MEASUREMENT SITE	INITIAL DATE	DATE	DATE	DATE
Neck				
Shoulders / Chest				
Waist				
Abdomen				
Hips / Glutes				
Right Upper Arm				
Left Upper Arm				
Right Forearm				
Left Forearm				
Right Thigh				
Left Thigh				
Right Calf				
Left Calf				

PROGRESS SUMMARY (Total Change from Initial)

Waist: _____

Abdomen: _____

Hips / Glutes: _____

Arms (Avg): _____

Thighs (Avg): _____

TRAINER NOTES

CLIENT SIGNATURE

DATE

TRAINER SIGNATURE

DATE