

BodyStat Sheet

Date							
Pectoral (—)							
Subscapular ()							
Bicep ()							
Tricep ()							
Kidney (—)							
Suprailliac (—)							
Abdominals ()							
Quadricep ()							
Calf ()							
Total							
Bodyweight							
Total/Bodyweight							
Total/Bodyweight × .27 = % Bodyfat							
% Bodyfat × Bodyweight = lbs. Bodyfat							
Change in Bodyfat from previous week							
Bodyweight - lbs. Bodyfat = lbs. Lean Mass							
Change in Lean Mass from Previous Week							

Name