Body Measurement Record Sheet

| Student's Name | | |
|---------------------------|----------------------------|----|
| Student's Age | Circle Gender: Male Female | |
| Measurement Date #1 | Measurement Date #2 | |
| Measurement | #1 | #2 |
| Height In feet and inches | | |
| Weight In pounds | | |
| Chest In inches | | |
| Biceps In inches | | |
| Waist In inches | | |
| Hips In inches | | |
| Thigh In inches | | |