



Fitness Progress Chart for Men

Instructions: Replace the sample data in the first five columns, and in the Height boxes to the right. The last four (gray) columns will be calculated for you using formulas. Then, see your progress by looking at the Measurements, Weight and BMI, and Weight and Body Fat Charts on the other worksheets. For more information on formulas or using data in charts, see Excel Help.

Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight	Estimated Body Fat Percentage	Estimated Body Mass Index (BMI)
------	-----------------	----------------	----------------	---------------	----------------------------	---------------------------	-------------------------------	---------------------------------

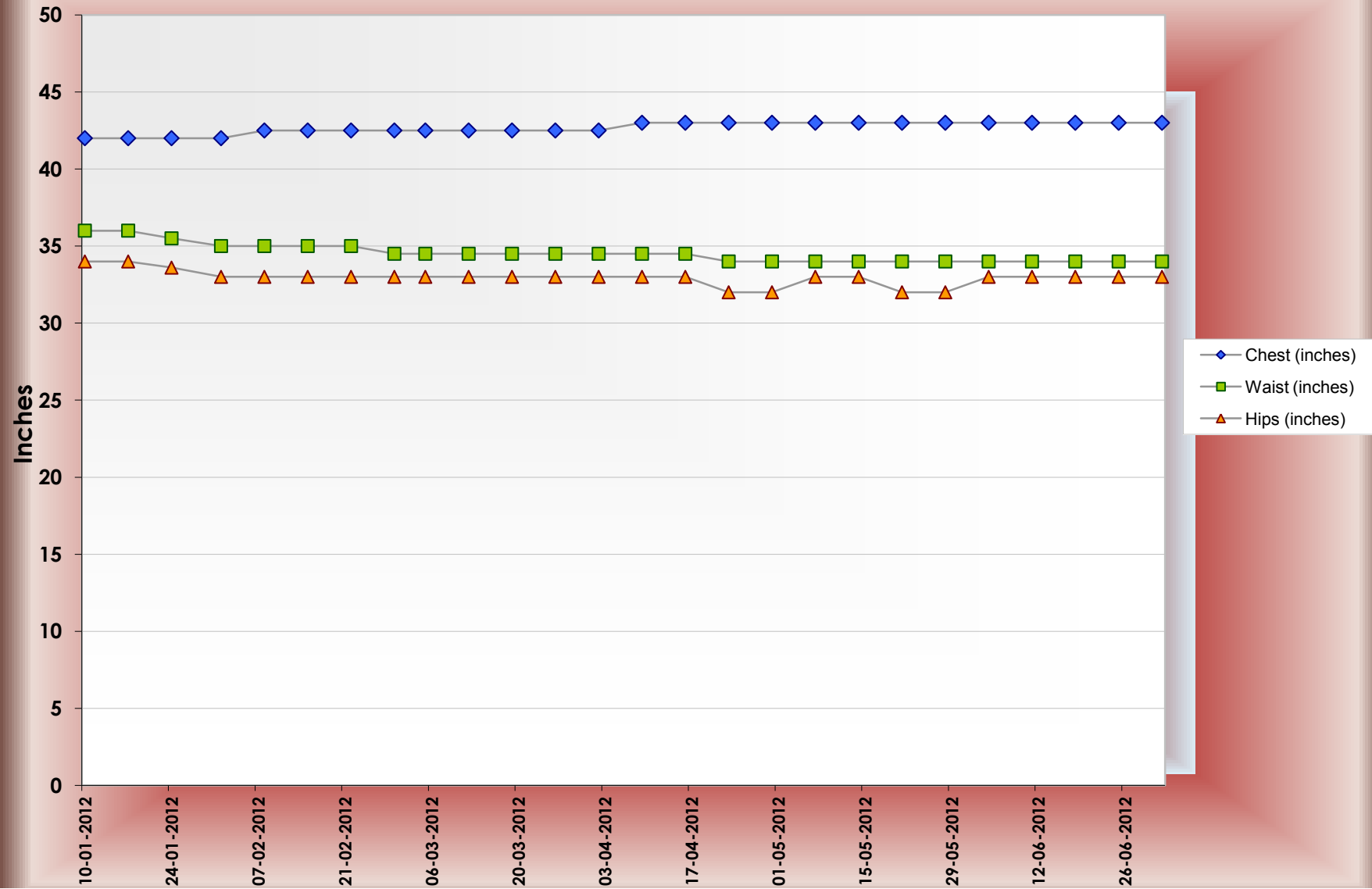
Height (feet)	6
Height (inches)	3/8

10-01-2012	200	42	36	34	161 3/7	38 4/7	19 2/7	26.84
17-01-2012	200	42	36	34	161 3/7	38 4/7	19 2/7	26.84
24-01-2012	199	42	35.5	33.6	162 2/5	36 3/5	18 2/5	26.71
01-02-2012	199	42	35	33	164 1/2	34 1/2	17 1/3	26.71
08-02-2012	198	42.5	35	33	163 2/5	34 3/5	17 1/2	26.57
15-02-2012	197	42.5	35	33	162 1/3	34 2/3	17 3/5	26.44
22-02-2012	197	42.5	35	33	162 1/3	34 2/3	17 3/5	26.44
29-02-2012	196	42.5	34.5	33	163 1/3	32 2/3	16 2/3	26.30
05-03-2012	196	42.5	34.5	33	163 1/3	32 2/3	16 2/3	26.30
12-03-2012	195	42.5	34.5	33	162 1/4	32 3/4	16 4/5	26.17
19-03-2012	193	42.5	34.5	33	160	33	17	25.90
26-03-2012	191	42.5	34.5	33	158	33	17 1/3	25.63
02-04-2012	190	42.5	34.5	33	156 5/6	33 1/6	17 1/2	25.50
09-04-2012	190	43	34.5	33	156 5/6	33 1/6	17 1/2	25.50
16-04-2012	190	43	34.5	33	156 5/6	33 1/6	17 1/2	25.50
23-04-2012	189	43	34	32	157 4/5	31 1/5	16 1/2	25.37
30-04-2012	189	43	34	32	157 4/5	31 1/5	16 1/2	25.37
07-05-2012	190	43	34	33	158 8/9	31 1/9	16 3/8	25.50
14-05-2012	192	43	34	33	161	31	16 1/9	25.77
21-05-2012	191	43	34	32	160	31	16 1/4	25.63
28-05-2012	191	43	34	32	160	31	16 1/4	25.63
04-06-2012	192	43	34	33	161	31	16 1/9	25.77
11-06-2012	192	43	34	33	161	31	16 1/9	25.77
18-06-2012	193	43	34	33	162 1/7	30 6/7	16	25.90
25-06-2012	193	43	34	33	162 1/7	30 6/7	16	25.90
02-07-2012	192	43	34	33	161	31	16 1/9	25.77

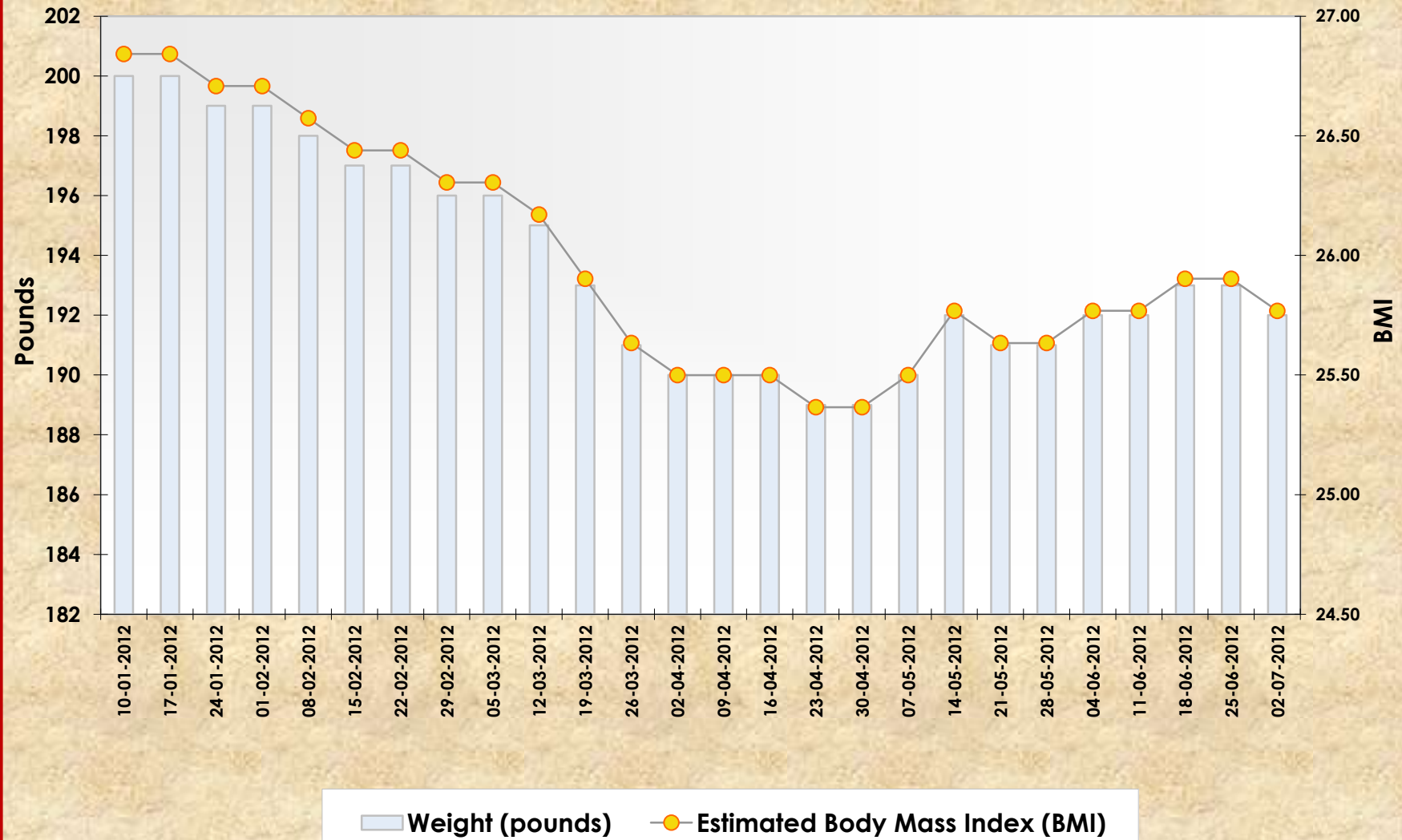
Note--> If you want full Men workout chart so visit on our websites

<http://www.ownfitnesstrainer.com>

Measurements Chart



Weight and BMI Chart



Weight and Body Fat Chart

