Fitness Progress Chart for Women

Instructions: Replace the sample data in the first seven 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. Fo

Height (feet)	5.6
Height (inches)	66

Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	bicept (inches)	thigh (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight	Estimated Body Fat Percentage	Estimated Body Mass Index (BMI)
Post Pregnancy 1										
5/8/2007	145	34	29.5	38	12	22	114.40	30.60	21.10	5 3/4
Post Pregancy 2										
11/21/2008	180	40	36	44	14	26	139.88	40.12	22.29	7 1/8
1/25/2009	178	38	34	42	13	25	138.48	39.52	22.20	7
7/16/2009	165	37	33	41.5	13	23	128.37	36.63	22.20	6 1/2
7/31/2009	164	37	32.5	41.25	13	22.5	127.57	36.43	22.22	6 1/2
8/7/2009	167	37	32.5	41.25	13	22.5	129.76	37.24	22.30	6 5/8
8/13/2009	164	37	32	41	12.75	22	127.41	36.59	22.31	6 1/2