



## 2016 Ultimate Fitness Quest 30-day Challenge Baseline Measurements Form

If you haven't done so already, now would be an excellent time to record your baseline or beginning measurements. Use the following chart to record them now. You will find a copy of this chart on the website under the resource section as well ... You can use some or all of the measurements. **If possible take a front and side BEFORE photo of yourself in form fitting clothes.**

**Name:**

**Date:**

<b>Date:</b>							
<b><u>Body Composition</u></b>							
Weight							
Body Fat %							
<b><u>Body Circumference measurements</u></b>							
Chest							
Waist							
Hips							
Thigh (Right)							
Bicep - R							
Shoulders							
Calf - R							
<b><u>Cardiovascular Strength</u></b>							
Low resting heart rate (RHR) is a good indicator of cardiovascular health.							
RHR							