



Strength-Training-Woman.com

Strong Body - Strong Life

Your Name:

Today's Date and Time:

Height:	Two Most Popular 1RM Testing Sites-
	Chest:
Weight:	Quads:
Waist:	
Hips:	
Arm:	
Chest:	
Body Fat %:	
Resting Heart Rate:	Target Heart Rate:

Remember To Take Your Measurements Regularly. Try Monthly. Email Me With Any Questions, Comments, Concerns and SUCCESS STORIES! strength-training-woman.com