## **Client Progress Tracker**



Age:	Client Name:						THE FITNESS TRAINER ACADEMY	
Height:	Client Goal:							
	Start	1	2	3	4	5	6	7
Date:								
Weight:		ļ						
Skinfolds								
Chest/Tricep:								
Supra/Ab:								
Quad:								
BF%:								
Lean Weight:								
Fat Weight:								
BMI:								
Circumference		1	1	1	1	1		
Neck:								
Arm Left:								
Arm Right:								
Chest:								
Waist:								
Hips:								
Thigh Left:								
Thigh Right:								
Other		ī	1	<u> </u>	1			
Estimated RMR:								
Estimated TEE:								
Recommended Caloric Intake:								
Macronutrient Reccomendation (grams)								
Protien:							-	
Carbs:								
Fat:								