

# RNC MEASUREMENT TRACKER

START DATE \_\_\_\_\_ FINISH DATE \_\_\_\_\_

SHORT TERM GOAL \_\_\_\_\_

MID TERM GOAL \_\_\_\_\_

LONG TERM GOAL \_\_\_\_\_

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
<b>MEASUREMENTS</b>												
ARM												
CHEST												
BUST												
MIDRIFT												
WAIST												
HIPS												
THIGH												
TOTAL												
WEIGHT												
*BMI												

**\*CALCULATING BMI** – Weight divided by Height squared.

Eg A person who weighs 78kg and is 177cm tall, has a BMI of 24.9 :

Weight(78kg) divided by height (1.77m x 1.77m) = 24.9

<b>Underweight</b>	<b>&lt;18</b>
<b>Healthy</b>	<b>18.5 - 25</b>
<b>Overweight</b>	<b>25 - 30</b>