TRACK Body Measurements

Name: _____

Accurate body fat percentage can be tested at a health club or similar facility.
For an estimate of your body fat percentage click here.

Date	Weight	Waist	Hips	Chest	Thigh	Calf	Bicep	Body Fat %

Provided by Health Matters: Idaho Employee Wellness
www.healthmatters.idaho.gov

Health Matters
IDAHO STATE WELLNESS PROGRAM