
**CYBERTRAIN
BASELINE MEASUREMENTS**

*Paul S. Manning
Personal Trainer
AFAA Certified,*

Date: _____ Body Fat % _____ Height: _____ Weight: _____

Client Name: _____ Phone: _____

Email Address: _____

Area	Base Measurements	30 Day	60 Day	90 Day
Neck	_____	_____	_____	_____
Shoulder	_____	_____	_____	_____
Chest	_____	_____	_____	_____
Mid-Area	_____	_____	_____	_____
Waist	_____	_____	_____	_____
Hips	_____	_____	_____	_____
Thigh	_____	_____	_____	_____
Calf	_____	_____	_____	_____
Wrist	_____	_____	_____	_____
Forearm	_____	_____	_____	_____
Bicep	_____	_____	_____	_____
Weight	_____	_____	_____	_____

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