

# Body Composition

LockOnFitness.com

Date: \_\_\_\_\_

Measurements are in:  Inches

Centimeters

Height: \_\_\_\_\_

Measure while barefoot

Neck: \_\_\_\_\_

Measure just below larynx

Abdomen I: \_\_\_\_\_

Measure at narrowest part of abdomen,  
just below the ribs

Abdomen II: \_\_\_\_\_

Measure at belly-button

Hips: \_\_\_\_\_

Measure at largest circumference of hips

Weight is in:  lbs

kg

Weight: \_\_\_\_\_

Notes: