

Individual Training Report

[REDACTED]			
[REDACTED]	[REDACTED]	[REDACTED]	

Height / Weight

Date	Height	Weight	Height/Weight Pass	Body Fat %	Body Fat Pass	Comments	Hips	Neck	Waist	Abdomen
01 Feb 2025	67	180	False	23	True					36.00
05 Dec 2023	67	180	False	25	True					37.00
14 Oct 2023	67	181	False	22	True	Record		17.50	38.00	38.00
31 Mar 2023	69	174	True			Record				
27 Nov 2022	66.5	168	True							
16 Oct 2022	67	164	True							
15 Oct 2022	67	164	True							
16 May 2022	67	166	True							
21 Feb 2021	67	171	True							
07 Nov 2020	67	167	True							
04 Oct 2019	67	171	True							
24 Apr 2019	67	167	True							
06 Jul 2018	67	162	True							
15 Oct 2017	67	161	True							