DEFENDER® BODY FAT TRACKING CHART

You may copy this chart for your personal use and convenience. This chart is also available on line at www.sequoiafitness.com/tracking. It is recommended to record your stats weekly.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
DATE:									
SITE:									
Upper									
Middle									
Lower									
TOTAL									
BODY FAT %									
WEIGHT									