## Physical Fitness Progress Chart: Weight and Measurements

Name\_\_\_\_

Date	Weight	%Fat	Bust	Waist	Hip	Arm:R	Arm:L	Wrist:R	Writst:L	Thigh:R	Thigh:L	Calf:R	Calf:L	Ankle:R	Ankle:L

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win.

And everyone who competes in the games exercises self-control in all things.

They then do it to receive a perishable wreath, but we an imperishable.

Therefore I run in such a way as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave,

lest possibly, after I have preached to others, I myself should be disqualified.