

Pre and Post Measurements

*All measurements are to be done prior to starting your FFR program and at each 12 week mark.

Measurements Date / /	Measurements Date / /	
Neck:	Neck:	
Chest:	Chest:	
Waist:	Waist:	
Hips:	Hips:	
Thigh: R L	Thigh: R L	
Calf: R L	Calf: R L	
Upper Arm:	Upper Arm:	
Body Weight (in lbs.):	Body Weight (in lbs.):	
Date:	Date:	