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| **DATE** | **BODY MEASUREMENTS** | | | | | **No. of Days Worked-out** | **REMARKS** |
| **WEIGHT** | **ARMS** | **CHEST** | **WAIST** | **THIGHS** |
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| Client’s Signature: | | | | | | |  |
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| Findings & Recommendations of the Training Assistant: | | | | | | | |
| Trainer’s Signature: | | | | | | | |