MONTHLY FITNESS LOG

Month												
Hours per month												
Jazzercise												
Other Cardio												
Other Strength Training												
Other Workout												
Total Workout Time												

Measurements												
Waist												
Hips												
Thighs												
Chest												
Upper Arm												

Weight												
Last Month												
This Month												
Loss/Gain												

Body Mass Index												

Calculate your BMI:

(Weight in lbs. ÷ [Height in inches]^2) x 703 = ____

Below 18.5 = Underweight
18.5-24.9 = Normal weight
25-29.9 = Overweight
30 & over = Obese

Visit **jazzercise.com** for health and fitness tips that will keep you motivated and on track to reaching your goals.

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Goals:

Progress: