S.P.A.R.T.A.

Sports Performance And Resistance Training Association

Name: _____

Phone: _____

Goals: _____

Exercises/Settings:	Date: / Weight:									

Notes:

spartatraining.com Measure Date: _____ Arm: _____ Chest: _____ Waist: _____ Hip: _____ Thigh: _____ Body Fat: ____, ____, ____ = _____ = _____%