Before and after sheet

The numbers at the start and the end, side by side.

NAME _____ START DATE _____ END DATE _____

MEASURE	BEFORE	AFTER	CHANGE
WEIGHT			
WAIST			
HIPS			
CHEST			
ARM			
THIGH			
RESTING HEART RATE			
PUSH-UPS IN A ROW			
PLANK (S)			
1 KM WALK OR RUN TIME			

WHAT CHANGED THAT THE TAPE CAN'T SHOW