



Name:

Body Composition Tracking Sheet

Code: P1, P2, P3 = Phase 1, 2 and 3 (four weeks for each phase)

b=biweekly *(when you see P1b on the chart, for example)*

All you need is a measuring tape to do the measurements and an accurate scale. We suggest digital or a medical scale.

Biweekly check ins: Do your weight and measurements only. No Bodyfat.

Every 4 Weeks is a New Phase: Redo your body fat using our calculator.

	Starting Date	P1	P1b	P2	P2b	P3	P3b	Final Results
Left Arm (around middle of bicep)								
Right Arm (around middle of bicep)								
Waist (around navel)								
Hips (around hip bones)								
Right Leg (middle of thigh)								
Left Leg (middle of thigh)								
Weight								
Height								

	Starting	P2	P3	Ending	Results
Body fat %					
Lbs of Muscle					
Lbs of Fat					

Measurements should always be done in the same location on your body part.

Use the same device each time to avoid discrepancies and ideally if someone else does them, use the same person. Your weight should also be done on the same scale at the same time of day, as well. This will ensure consistency.

YOUR LBS OF MUSCLE & FAT: *You must know your bodyfat% to complete this.* To figure out lbs of fat and lbs of muscle do the following formula. Take your **Weight x Bodyfat % (12% = .12)=lbs of fat**. Next formula is: (Your weight – lbs of fat = lbs of muscle).

Example:

Take your body fat number (25%) x your weight (133) = Lbs of fat (25lbs)

Take your lbs of fat (25) result and – from your weight (133) = Your lbs of muscle (108)

Log your results on the chart above or email your coach with your questions!