

Lose fat – maintain lean muscle mass: <http://www.create-a-healthy-flexible-body.com/printable-weight-loss-charts.html>

Name:

Height:

Starting Weight:

Target Weight:

| | Week Ending | Week Ending | Week Ending | Week Ending |
|----------------------------------|-------------|-------------|-------------|-------------|
| Weight | | | | |
| BMI | | | | |
| Waist / Hip Ratio | | | | |
| Weight Loss / Gain | | | | |
| Total Loss | | | | |
| Chest | | | | |
| Arms | | | | |
| Waist | | | | |
| Hips | | | | |
| Thighs | | | | |
| Days Exercised – 30 minutes min. | | | | |

- Calculate your BMI:

$$BMI = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

or

$$BMI = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}$$

Judge your personal BMI result against the following scale:

A BMI of less than 18 means you are under weight.

A BMI of less than 18.5 indicates you are thin for your height.

A BMI between 18.6 and 24.9 indicates you are at a healthy weight.

A BMI between 25 and 29.9 suggests you are overweight for your height.

A BMI of 30 or greater indicates obesity. If you are obese, try consulting a doctor or losing weight.

- Calculate your Waist / Hip Ratio:

Divide the circumference of your waist by the circumference of your hips.

Generally men keep it below 0.9. Women keep it below 0.8