

# RVLUTION TRACKING SHEET



Name \_\_\_\_\_ Age \_\_\_\_\_

Date														
Weight														
Height (inches)														
Body Fat %														
Neck														
Bust														
Waist (Widest)														
Waist (Narrowest)														
Bicep (5 Inches up from elbow)														
Thigh (6 Inches up from kneecap)														
Calf (4 Inches below kneecap)														
Goal for Waist														
A healthy goal should be one half of your height or less (Ex. 70" tall—35" or less waist at the narrowest part of waist)														
Body Fat (lbs)														
Body fat calculation - (Your weight) x (Your body fat percentage) = Your pounds of body fat														
Lean Body Mass (lbs)														
Lean body mass calculation - (Your weight) - (Your pounds of body fat) = Your pounds of lean body mass														
Goal for Fat %														
Average Women Fat % is 18-25%; Average Men Fat % is 9-16%														
Goal for Weight														
Example of a good starting goal is to reduce body weight by 10%														