

T E A M KNOCKOUTS

Name:

Body Composition Tracking Sheet

All you need is a measuring tape to do the measurements and an accurate scale. We suggest digital or a medical scale. At the top of each column be sure to enter the date of your measurements.

DATE:								
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								

Noe: If you don't have access to body fat calipers please, use our online body fat calculator.

DATE:					
Body fat %					
Lbs of Muscle					
Lbs of Fat					

Directions:

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!