**WEIGHT/FAT PERCENTAGE GOAL WORK SHEET:**

(A)Current Weight \_\_\_\_\_\_\_\_\_\_ (A) (B) Current Fat % \_\_\_\_\_\_\_\_\_\_ (B)

(C) Current Fat Pounds \_\_\_\_\_\_\_\_\_\_ (C) (D) Lean Body Mass \_\_\_\_\_\_\_\_\_\_ (D)

STEP 1 (A) \_\_\_\_\_\_\_\_\_ X (B) \_\_\_\_\_\_\_\_\_\_\_\_ = (C) \_\_\_\_\_\_\_\_\_\_\_\_\_

STEP 2 (A) \_\_\_\_\_\_\_\_\_ - (C) \_\_\_\_\_\_\_\_\_\_\_\_ = (D) \_\_\_\_\_\_\_\_\_\_\_\_\_

STEP 3 (A) \_\_\_\_\_\_\_ X Goal Total Fat % \_\_\_\_\_\_\_= Goal Total FAT lbs \_\_\_\_\_\_\_

STEP 4 (D) \_\_\_\_\_\_ + Goal Total FAT lbs \_\_\_\_\_\_ = GOAL WEIGHT \_\_\_\_\_\_\_\_\_\_

STEP 5 (A) \_\_\_\_\_\_ - GOAL WEIGHT \_\_\_\_\_\_\_\_ = **Goal FAT lbs to Lose \_\_\_\_\_\_**

**PLEASE NOTE: When setting your goals, do NOT set more than .5 percent fat loss on average per week. Then you will have translated how many pounds to lose to get a healthier body fat percentage, which is the ultimate goal.**

**The American Council of Exercise provides the following General Body Fat Percentage Categories:**



|  |
| --- |
| **ACE Body Fat Percentage Chart** |
| **Classification** | **Women (% fat)** | **Men (% fat)** |
| **Essential Fat**  | **10-13%** | **2-5%** |
| **Athletes** | **14-20%**  | **6-13%** |
| **Fitness**  | **21-24%** | **14-17%** |
| **Acceptable**  | **25-31%** | **18-25%** |
| **Obese** | **32% plus** | **25% plus** |

**AGE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HEIGHT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **DATE: \_\_\_\_\_\_\_\_\_\_** | **WEEK 1** | **WEEK 2** | **WEEK 3** |
| **WEIGHT** |  |  |  |
| **BODY FAT** |  |  |  |
| **CHEST** |  |  |  |
| **WAIST** |  |  |  |
| **HIPS** |  |  |  |
| **NECK** |  |  |  |
| **BECEP (L)** |  |  |  |
| **BECEP (R)** |  |  |  |
| **CALF (L)** |  |  |  |
| **CALF (R )** |  |  |  |

**WEEK 1 SHIRT SIZE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WEEK 21 SHIRT SIZE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WEEK 1 PANTS SIZE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WEEK 21 PANTS SIZE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**After**

Weight = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Body Fat = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chest = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Waist = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hips = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arms = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R

Bicep = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R

Calf = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R

Back

Front

Side

Back

Front

Side

**Before**

Weight = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Body Fat = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chest = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Waist = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hips = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arms = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R

Bicep = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R

Calf = \_\_\_\_\_\_\_L \_\_\_\_\_\_\_\_R