

BODYFAT CHART

Date _____

Pec (-)						
Subscapular (I)						
Bicep (I)						
Tricep (I)						
Kidney (-)						
Suprailiac (-)						
Abdominals (I)						
Quadricep (I)						
Medial Calf (I)						
Total (I)						
Bodyweight (I)						
Total/Bodyweight (I)						
Total/Bodyweight x .27= % Bodyfat						
Total/Bodyweight x .27= % Bodyfat						
% Bodyfat x Bodyweight = lbs. Bodyfat						
Change in Bodyfat from Previous Week						
Bodyweight lbs. Bodyfat = lbs. Lean Mass						
Change in Lean Mass from Previous Week						

Make photocopies of the chart and retain in a notebook to chart you progress.