

BODY METRICS TRACKING FORM

TESTING DATE:

Measurement Site	First Measurement	3-Week Follow-Up Measurement	3-Week Follow-Up Measurement	3-Week Follow-Up Measurement
	Date:	Date:	Date:	Date:

	Sub Scapular				
**	Tricep				
	Chest				
	Axilla				
**	Iliac Crest				
**	Abdomen				
**	Thigh				

Sum of Skin-Fold Measurements				
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% Body Fat / Lean				
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Ideal Lean Percentages for Males Up to Age 30 = 85 - 91 % Lean Age 30 - 50 = 83 - 89% Lean Age 50+ = 81 - 88% Lean	Ideal Lean Percentages for Females Up to Age 30 = 79 - 86% Lean Age 30 - 50 = 77 - 85% Lean Age 50+ = 75 - 84% Lean
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[illegible]

SITE	TAPE MEASUREMENTS			
	DATE	DATE	DATE	DATE
UPPER ARM				
CHEST				
WAIST @ belly button				
HIPS @ hip bone crest				
QUAD				
CALF				
	VARIANCE TOTALS IN INCHES			

NOTES

Target Weight: Lean Weight in lbs divided by Ideal Lean %