



Body Fat % Assessment and Recommendations Worksheet

Name: _____ Phone: _____
 E-mail: _____ Age: _____ Height: _____

Progress Estimation Chart

Date	Today	4-weeks	8-weeks
Weight			
Body Fat %			
Clothing Size			

Rankings	Women	18-35	36-55	56+	Men	18-35	36-55	56+
99		8	12	16		5	8	8
95		14	18	17		9	12	13
Superior								
90		15	20	21		12	14	15
85		17	22	24		13	16	17
80		18	23	25		14	17	19
Excellent								
75		19	24	27		15	18	20
70		20	25	28		16	19	21
65		21	26	29		17	20	21
60		22	27	30		18	21	22
Good								
55		23	28	30		18	21	23
50		23	29	31		19	22	24
45		24	29	32		20	23	25
40		25	30	33		21	24	25
Fair								
35		26	31	33		22	24	26
30		27	32	34		23	25	27
25		28	33	35		24	26	28
20		29	34	36		25	27	29
Poor								
15		31	35	38		26	28	30
10		33	37	39		28	30	31
5		36	39	40		30	32	34
Very Poor								
1		40	48	42		35	38	42

-3,500 calories = 1 lb of Fat Loss

Trainer Recommendations:

- 1) Find out your RMR, your Daily Caloric Expenditure and Daily Caloric Intake.
- 2) Develop a strategy to lose fat weight at a rate of 1-3 lbs per week, while maintaining or adding muscle mass.
- 3) Follow a safe, time-effective plan that mathematically and systematically will reduce your fat weight through proper nutrition, cardiovascular exercise and resistance training.

Obstacles(Circle all that apply): Procrastination, fear of failure, time, money, other?

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