# **BODY COMPOSITION**

Gender:	M	F	Athletic:	Υ	Ν	Age:	Height:
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### BIOELECTRICAL IMPEDANCE TEST

This body testing procedure is based on the principle that the conductivity of an electrical impulse is greater through lean tissue than through fatty tissue. An electrical current is passed through the body measuring the body's resistance to electrical flow and computes total body fat percentage. It's best to be consistent by recording your results at the same time of day.

Body composition scales are great to give quick and accurate data to record. It's recommended to invest in a digital body weight, body fat and water percentage scale. You will then have daily access to track your progression and review past results.

### HOW TO FIND FAT WEIGHT AND LEAN BODY MASS

Body Weight x Body Fat % = **Fat Weight** (Adipose tissue only)

Body Weight - Fat Weight = **Lean Body Mass** (Bones, connective tissues, organs, muscle fiber, blood, skin, water and anything else aside from fat)

#### Example:

Body Weight of 213 pounds with 24.5% Body Fat

 $213 \times .245 = 52.1$  (This individual has 52.1 pounds of fat weight)

213 - 52.1 = **160.9** (This individual has 160.9 pounds of lean body mass)

BODY FAT PERCENTAGES BY CATEGORY								
Classification	Men (% fat)	Women (% fat)						
Essential Fat	2-4%	10-12%						
Athletes	5-13%	13-20%						
Fitness	14-17%	21-24%						
Acceptable	18-24%	25-31%						
Obese	25+%	32+%						

## TRACK YOUR PROGRESS

Date	Weight	Body Fat %	Fat Lbs.	Lean Lbs.	Water %
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