

Measurements & Progress Sheet

#	1	2	3	4	5	6	7	8
Date								
Time								
Body Weight								
Waist								
Suprailiac								
Left Calf								
Right Calf								
Left Quad								
Right Quad								
Left Arm								
Right Arm								
Chest/Back								

#	9	10	11	12	13	14	15	16
Date								
Time								
Body Weight								
Waist								
Suprailiac								
Left Calf								
Right Calf								
Left Quad								
Right Quad								
Left Arm								
Right Arm								
Chest/Back								

Tip: Measure progress and adjust your program according to WLC Program Guidelines.

You can use this sheet for up to 16 measurements. I recommend measuring results on a weekly basis. Ensure you take measurements under the same conditions – first thing in morning, same day each week.

Do Not Make Adjustments Unless You Have Already Done the Following:

1. Improve your sources of food. Follow the program guidelines exactly. Eat only the best sources of lean protein, natural carbohydrates, and essential fats.
2. Be consistent. Do every scheduled workout. Eat every scheduled meal. Stick to your plan.
3. Get the recommended amount of rest between workouts. Follow the recommended water intake guidelines. Get plenty of quality sleep each night. Decrease stress in your life.
4. Give 100% in everything that you do. If your progress slows and you weren't giving everything your best effort, try working harder before making changes.

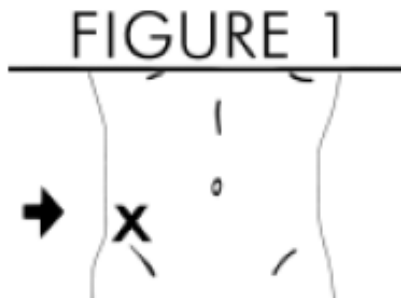
Possible Weekly Results:

#	Muscle	Body Fat	Action
1	Increase	Decrease	No action. Perfect results.
2	Increase	No Change	No action if goal is building muscle.
3	Increase	Increase	Make adjustment if fat gain is large compared to muscle gain.
4	No Change	Decrease	No action. Fat loss with no muscle loss is great.
5	No Change	No Change	Make adjustment.
6	No Change	Increase	Make adjustment.
7	Decrease	Decrease	Make adjustment if muscle loss is large compared to fat loss.
8	Decrease	No Change	Make adjustment. Muscle loss is not good.
9	Decrease	Increase	Make adjustment. Possible overtraining.

Possible Weekly Adjustments:

Change the amount of food you are eating	Change the amount of cardiovascular exercise
Start/Stop calorie cycling	Change calorie cycling levels
Adjust macronutrient ratios	Start/Stop carbohydrate cycling
Change/Add cardio activities	Incorporate HIIT into cardio program
Implement morning cardio	Implement cardio after weight training
Do cardio twice per day	Change total number of meals per day
Add a carbohydrate cutoff time	Increase/Decrease rest days
Increase/Decrease sleep	Increase/Decrease weight training intensity
Increase/Decrease weight training volume	Increase/Decrease water intake
Change foods to only organic types	Change weight lifting exercises

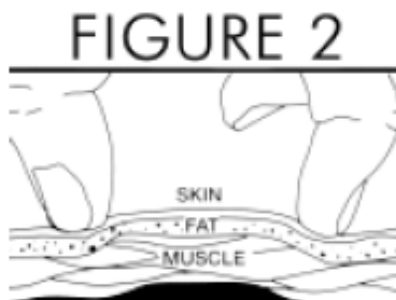
Body Fat Measurement Guide



The suprailliac location is located approximately one inch above the right hip bone. Always take the measurement from the right side of the body. This ensures accuracy in the measurement.

Practice finding this location. Ensure you are standing up to find this location and to take the measurement. Find it? Good. Let's take the skin fold measurement.

This is the important part of the measurement. You need to only pinch skin and fat. Practice feeling the difference in muscle and fat as you pinch. See Figures 2 and 3 below. Remember, you will practice taking this measurement every morning for a few weeks until you become more accurate and precise. You'll become an expert in no time.



Use your thumb and forefinger to pinch the fat skinfold. Always use the same thumb and forefinger. Duplicate the same method each and every time.



Now that you've pinched the fat skinfold correctly, you can use your calipers to measure the thickness of the fat skinfold.

Use you other hand to clamp down the calipers until you hear a click. Record your result.

That's it! This is a simple and very easy method of measuring your body fat percentage using fat skinfolds. Use the charts to look up your body fat percentage.

Body Fat % Chart for Men (Page 1 of 2)									
Suprailliac Skinfold (mm)	Age 20 and Under	Age 21 - 25	Age 26 - 30	Age 31 - 35	Age 36 - 40	Age 41 - 45	Age 46 - 50	Age 51 - 55	Age 56 and Above
2.50	2.00%	2.50%	3.50%	4.50%	5.60%	6.70%	7.70%	8.80%	9.90%
3.00	2.47%	3.10%	4.12%	5.15%	6.22%	7.32%	8.32%	9.70%	10.52%
3.50	2.95%	3.70%	4.75%	5.80%	6.85%	7.95%	8.95%	10.60%	11.15%
4.00	3.42%	4.30%	5.37%	6.45%	7.47%	8.57%	9.57%	11.50%	11.77%
4.50	3.90%	4.90%	6.00%	7.10%	8.10%	9.20%	10.20%	12.40%	12.40%
5.00	4.47%	5.50%	6.60%	7.67%	8.70%	9.77%	10.80%	12.97%	12.97%
5.50	5.05%	6.10%	7.20%	8.25%	9.30%	10.35%	11.40%	13.55%	13.54%
6.00	5.62%	6.70%	7.80%	8.82%	9.90%	10.92%	12.00%	14.12%	14.12%
6.50	6.20%	7.30%	8.40%	9.40%	10.50%	11.50%	12.60%	14.70%	14.70%
7.00	6.77%	7.85%	8.95%	9.97%	11.05%	12.07%	13.15%	15.27%	15.27%
7.50	7.35%	8.40%	9.50%	10.55%	11.60%	12.65%	13.70%	15.85%	15.85%
8.00	7.92%	8.95%	10.05%	11.12%	12.15%	13.22%	14.25%	16.42%	16.42%
8.50	8.50%	9.50%	10.60%	11.70%	12.70%	13.80%	14.80%	17.00%	17.00%
9.00	9.00%	10.02%	11.12%	12.20%	13.22%	14.32%	15.32%	17.52%	17.52%
9.50	9.50%	10.55%	11.65%	12.70%	13.75%	14.85%	15.85%	18.05%	18.05%
10.00	10.00%	11.07%	12.17%	13.20%	14.27%	15.37%	16.37%	18.57%	18.57%
10.50	10.50%	11.60%	12.70%	13.70%	14.80%	15.90%	16.90%	19.10%	19.10%
11.00	11.00%	12.10%	13.17%	14.20%	15.30%	16.37%	16.37%	19.57%	19.57%
11.50	11.50%	12.60%	13.64%	14.70%	15.80%	16.85%	16.85%	20.05%	20.05%
12.00	12.00%	13.10%	14.12%	15.20%	16.30%	17.32%	17.32%	20.52%	20.52%
12.50	12.50%	13.60%	14.60%	15.70%	16.80%	17.80%	18.90%	21.00%	21.00%
13.00	12.95%	14.05%	15.05%	16.20%	17.25%	18.25%	19.35%	21.45%	21.45%
13.50	13.40%	14.50%	15.50%	16.70%	17.70%	18.70%	19.80%	21.90%	21.90%
14.00	13.85%	14.95%	15.95%	17.20%	18.15%	19.15%	20.25%	22.35%	22.35%
14.50	14.30%	15.40%	16.40%	17.50%	18.60%	19.60%	20.70%	22.80%	22.80%
15.00	14.72%	15.80%	16.82%	17.92%	19.00%	20.02%	21.12%	23.22%	23.22%
15.50	15.15%	16.20%	17.25%	18.35%	19.40%	20.45%	21.55%	23.65%	23.65%
16.00	15.57%	17.00%	17.67%	18.77%	19.80%	20.87%	21.97%	24.07%	24.07%
16.50	16.00%	17.40%	18.10%	19.20%	20.20%	21.30%	22.40%	24.50%	24.50%
17.00	16.37%	17.80%	18.47%	19.57%	20.60%	21.67%	22.75%	24.87%	24.87%
17.50	16.75%	18.20%	18.85%	19.95%	21.00%	22.05%	23.15%	25.25%	25.25%
18.00	17.12%	18.60%	19.22%	20.32%	21.40%	22.42%	23.52%	25.62%	25.62%
18.50	17.50%	18.95%	19.60%	20.70%	21.80%	22.80%	23.90%	26.00%	26.00%
19.00	17.85%	19.30%	19.95%	21.05%	22.15%	23.27%	24.25%	26.35%	26.35%
19.50	18.20%	19.65%	20.30%	21.40%	22.50%	23.75%	24.60%	26.70%	26.60%
20.00	18.55%	20.00%	20.65%	21.75%	22.85%	24.22%	24.95%	27.05%	26.95%
20.50	18.90%	20.00%	21.00%	22.10%	23.20%	24.70%	25.30%	27.40%	27.40%
21.00	19.22%	20.30%	21.32%	22.42%	23.50%	24.90%	25.62%	27.72%	27.72%
21.50	19.55%	20.60%	21.65%	22.77%	23.80%	25.10%	25.95%	28.05%	28.05%
22.00	19.87%	20.90%	21.97%	23.07%	24.10%	25.30%	26.27%	28.37%	28.37%

Measurement & Adjustment Guide

Body Fat % Chart for Men									
Suprailliac Skinfold (mm)	Age 20 and Under	Age 21 - 25	Age 26 - 30	Age 31 - 35	Age 36 - 40	Age 41 - 45	Age 46 - 50	Age 51 - 55	Age 56 and Above
22.50	20.20%	21.20%	22.30%	22.10%	24.40%	25.50%	26.60%	28.70%	28.70%
23.00	20.47%	21.47%	22.57%	22.42%	24.70%	25.77%	26.87%	28.97%	28.97%
23.50	21.75%	21.75%	22.85%	22.77%	25.10%	26.05%	27.15%	29.25%	29.25%
24.00	22.02%	22.02%	22.12%	23.07%	25.40%	26.32%	27.42%	29.57%	29.52%
24.50	21.30%	22.30%	23.40%	23.40%	25.60%	26.60%	27.70%	29.80%	29.80%
25.00	21.55%	22.55%	23.65%	23.67%	25.82%	26.25%	27.95%	30.05%	30.05%
25.50	21.80%	22.80%	23.90%	23.95%	26.05%	26.50%	28.20%	30.30%	30.30%
26.00	22.05%	23.05%	24.15%	24.22%	26.27%	26.75%	28.45%	30.55%	30.55%
26.50	22.30%	23.30%	24.40%	24.50%	26.50%	27.60%	28.70%	30.80%	30.80%
27.00	22.50%	23.52%	24.60%	24.75%	26.72%	27.80%	28.90%	31.00%	31.00%
27.50	22.70%	23.75%	24.80%	25.00%	26.95%	28.00%	29.10%	31.20%	31.20%
28.00	22.90%	23.97%	25.00%	25.25%	27.17%	28.20%	29.30%	31.40%	31.40%
28.50	23.10%	24.20%	25.20%	24.50%	27.40%	28.40%	29.50%	31.60%	31.60%
29.00	23.27%	24.37%	25.37%	24.75%	27.57%	28.57%	29.67%	31.82%	31.77%
29.50	23.45%	24.55%	25.55%	25.00%	27.75%	28.75%	29.85%	32.05%	31.95%
30.00	23.62%	24.72%	25.72%	25.25%	27.92%	28.92%	30.02%	32.27%	32.12%
30.50	23.80%	24.90%	25.90%	25.50%	28.10%	29.10%	30.20%	32.30%	32.30%
31.00	23.92%	25.02%	26.05%	25.70%	28.22%	29.25%	30.32%	32.45%	32.45%
31.50	24.05%	25.15%	26.20%	25.90%	28.35%	29.40%	30.45%	32.60%	32.60%
32.00	24.17%	25.27%	26.35%	26.10%	28.47%	29.55%	30.57	32.75%	32.75%
32.50	24.30%	25.40%	26.50%	26.30%	28.60%	29.70%	30.70%	32.90%	32.90%
33.00	24.45%	25.50%	26.60%	26.47%	28.70%	29.80%	30.82%	33.00%	33.00%
33.50	24.60%	25.60%	26.70%	26.64%	28.80%	29.90%	30.95%	33.10%	33.10%
34.00	24.75%	25.70%	26.80%	26.82%	28.90%	30.00%	31.07%	33.20%	33.20%
34.50	24.90%	25.80%	26.90%	27.00%	29.00%	30.10%	31.20%	33.30%	33.30%
35.00	25.05%	25.90%	27.00%	27.12%	29.10%	30.20%	31.32%	33.40%	33.40%
35.50	25.20%	26.00%	27.10%	27.25%	29.20%	30.30%	31.45%	33.50%	33.50%
36.00	25.35%	26.10%	27.20%	27.37%	29.30%	30.40%	31.57%	33.60%	33.60%
36.50	25.50%	26.20%	27.30%	27.50%	29.40%	30.50%	31.70%	33.70%	33.70%
37.00	25.65%	26.30%	27.40%	27.62%	29.50%	30.60%	31.82%	33.80%	33.80%
37.50	26.80%	26.40%	27.50%	27.75%	29.60%	30.70%	31.95%	33.90%	33.90%
38.00	26.95%	26.50%	27.60%	27.87%	29.70%	30.80%	32.07%	34.00%	34.00%
38.50	26.10%	26.60%	27.70%	28.50%	29.80%	30.90%	32.20%	34.10%	34.10%
39.00	26.25%	26.70%	27.80%	28.62%	29.90%	31.00%	32.30%	34.20%	34.20%
39.50	26.40%	26.80%	27.90%	28.75%	30.00%	31.10%	32.40%	34.30%	34.30%
40.00	26.55%	26.90%	28.00%	28.87%	30.10%	31.20%	32.50%	34.40%	34.40%

Tip: Use the suprailliac skinfold measurement and look up your corresponding body fat percentage in the table above.

Body Fat % Chart for Women (Page 1 of 2)									
Suprailliac Skinfold (mm)	Age 20 and Under	Age 21 - 25	Age 26 - 30	Age 31 - 35	Age 36 - 40	Age 41 - 45	Age 46 - 50	Age 51 - 55	Age 56 and Above
2.50	11.30%	11.90%	12.50%	13.20%	13.80%	14.40%	15.00%	15.60%	16.30%
3.00	11.85%	12.47%	13.07%	13.75%	14.35%	14.97%	15.57%	16.17%	16.85%
3.50	12.40%	13.05%	13.65%	14.30%	14.90%	15.55%	16.10%	16.75%	17.40%
4.00	12.95%	13.62%	14.22%	14.85%	15.45%	16.12%	16.72%	17.32%	17.95%
4.50	13.50%	14.20%	14.80%	15.40%	16.00%	16.70%	17.30%	17.90%	18.50%
5.00	14.05%	14.72%	15.32%	15.95%	16.55%	17.22%	17.80%	18.42%	19.05%
5.50	14.60%	15.25%	15.85%	16.50%	17.10%	17.75%	18.35%	18.95%	19.60%
6.00	15.15%	15.77%	16.37%	17.05%	17.65%	18.27%	18.87%	19.47%	20.15%
6.50	15.70%	16.30%	16.90%	17.60%	18.20%	18.80%	19.40%	20.00%	20.70%
7.00	15.20%	16.82%	17.42%	18.10%	18.70%	19.30%	19.92%	20.52%	21.20%
7.50	15.70%	17.35%	17.95%	18.60%	19.20%	19.80%	20.40%	21.05%	21.70%
8.00	16.20%	17.87%	18.47%	19.10%	19.70%	20.30%	20.97%	21.57%	22.20%
8.50	17.70%	18.40%	19.00%	19.60%	20.20%	20.80%	21.50%	22.10%	22.70%
9.00	18.20%	18.87%	19.47%	20.07%	22.65%	21.30%	21.97%	22.57%	23.17%
9.50	18.70%	19.35%	19.95%	20.55%	23.10%	21.80%	22.44%	23.05%	23.65%
10.00	20.20%	19.82%	20.42%	21.02%	23.55%	22.30%	22.91%	23.52%	24.12%
10.50	19.70%	20.30%	20.90%	21.50%	22.20%	22.80%	23.40%	24.00%	24.60%
11.00	20.15%	20.75%	21.35%	21.97%	22.65%	23.25%	23.85%	24.47%	25.07%
11.50	20.60%	21.20%	21.80%	22.45%	23.10%	23.70%	24.30%	24.95%	25.55%
12.00	21.05%	21.65%	22.25%	22.92%	23.55%	24.15%	24.75%	25.42%	26.02%
12.50	21.50%	22.10%	22.70%	23.40%	24.00%	24.60%	25.20%	25.90%	26.50%
13.00	21.92%	22.52%	23.15%	23.82%	24.42%	24.92%	25.62%	26.32%	26.92%
13.50	22.35%	22.95%	23.60%	24.25%	24.85%	25.25%	26.05%	26.75%	27.35%
14.00	22.77%	23.37%	24.05%	24.67%	25.27%	25.57%	26.47%	27.17%	27.77%
14.50	23.20%	23.80%	24.50%	25.10%	25.70%	26.30%	26.90%	27.60%	28.20%
15.00	23.60%	24.22%	24.90%	25.50%	26.10%	26.70%	27.32%	28.00%	28.60%
15.50	24.00%	24.65%	25.30%	25.90%	26.50%	27.10%	27.75%	28.40%	29.00%
16.00	24.40%	25.07%	25.70%	26.30%	26.90%	27.50%	28.17%	28.80%	29.40%
16.50	24.80%	25.50%	26.10%	26.70%	27.30%	27.90%	28.60%	29.20%	29.80%
17.00	25.17%	25.87%	26.47%	27.07%	27.67%	28.27%	28.80%	29.58%	30.17%
17.50	25.55%	26.25%	26.85%	27.45%	28.05%	28.65%	29.00%	29.95%	30.55%
18.00	25.92%	26.62%	27.22%	27.82%	28.42%	29.02%	29.20%	30.32%	30.92%
18.50	26.30%	27.00%	27.60%	28.20%	28.80%	29.40%	30.10%	30.70%	31.30%
19.00	26.65%	27.35%	27.95%	28.55%	29.15%	29.75%	30.45%	31.05%	31.65%
19.50	27.00%	27.70%	28.30%	28.90%	29.50%	30.10%	30.80%	31.40%	32.00%
20.00	27.35%	28.05%	28.65%	29.25%	29.85%	30.45%	31.15%	31.75%	32.35%
20.50	27.70%	28.40%	29.00%	29.60%	30.20%	30.80%	31.50%	32.10%	32.70%
21.00	28.02%	28.70%	29.32%	29.92%	30.52%	31.12%	31.82%	32.42%	33.02%
21.50	28.35%	29.00%	29.65%	30.25%	30.85%	31.45%	32.15%	32.75%	33.35%
22.00	28.67%	29.30%	29.97%	30.57%	31.17%	31.77%	32.47%	33.07%	33.67%

Measurement & Adjustment Guide

Body Fat % Chart for Women									
Suprailliac Skinfold (mm)	Age 20 and Under	Age 21 - 25	Age 26 - 30	Age 31 - 35	Age 36 - 40	Age 41 - 45	Age 46 - 50	Age 51 - 55	Age 56 and Above
22.50	29.00%	29.60%	30.30%	30.90%	31.50%	32.10%	32.80%	33.40%	34.00%
23.00	29.30%	29.90%	30.60%	31.20%	31.80%	32.40%	33.10%	33.70%	34.30%
23.50	29.60%	30.20%	30.90%	31.50%	32.10%	32.70%	33.40%	34.00%	34.60%
24.00	29.90%	30.50%	31.20%	31.80%	32.40%	33.00%	33.70%	34.30%	34.90%
24.50	30.20%	30.80%	31.50%	32.10%	32.70%	33.30%	34.00%	34.60%	35.20%
25.00	30.47%	31.07%	31.75%	32.37%	32.97%	33.57%	34.25%	34.85%	35.47%
25.50	30.75%	31.35%	32.00%	32.65%	33.25%	33.85%	34.50%	35.10%	35.75%
26.00	31.02%	31.62%	32.25%	32.92%	33.52%	34.12%	34.75%	35.35%	36.02%
26.50	31.30%	31.90%	32.50%	33.20%	33.80%	34.40%	35.00%	35.60%	36.30%
27.00	31.55%	32.40%	32.75%	33.42%	34.05%	34.65%	35.25%	35.85%	36.52%
27.50	31.80%	32.90%	33.00%	33.65%	34.30%	34.90%	35.50%	36.10%	36.75%
28.00	32.05%	33.40%	33.25%	33.87%	34.55%	35.15%	35.75%	36.35%	36.97%
28.50	32.30%	32.90%	33.50%	34.10%	34.80%	35.40%	36.00%	36.60%	37.20%
29.00	32.50%	33.12%	33.72%	34.32%	35.00%	35.62%	36.22%	36.82%	37.42%
29.50	32.70%	33.35%	33.95%	34.55%	35.20%	35.85%	36.45%	37.05%	37.65%
30.00	32.90%	33.57%	34.17%	34.77%	35.40%	36.07%	36.67%	37.27%	37.87%
30.50	33.10%	33.80%	34.40%	35.00%	35.60%	36.30%	36.90%	37.50%	38.10%
31.00	33.30%	33.97%	34.60%	35.20%	35.80%	36.47%	37.07%	37.70%	38.30%
31.50	33.50%	34.15%	34.80%	35.40%	36.00%	36.65%	37.25%	37.90%	38.50%
32.00	33.70%	34.32%	35.00%	35.60%	36.20%	36.87%	37.42	38.10%	38.70%
32.50	33.90%	34.50%	35.20%	35.80%	36.40%	37.00%	37.60%	38.30%	38.90%
33.00	34.07%	34.67%	35.35%	35.95%	36.55%	37.17%	37.77%	38.45%	39.05%
33.50	34.25%	34.85%	35.50%	36.10%	36.70%	37.35%	37.95%	38.60%	39.20%
34.00	34.42%	35.02%	35.65%	36.25%	36.85%	37.52%	38.12%	38.75%	39.35%
34.50	34.60%	35.20%	35.80%	36.40%	37.00%	37.70%	38.30%	38.90%	39.50%
35.00	34.77%	35.37%	36.95%	36.55%	37.15%	37.87%	38.47%	39.05%	39.65%
35.50	34.95%	35.55%	37.10%	36.70%	37.30%	38.05%	38.65%	39.20%	39.80%
36.00	35.12%	35.72%	37.25%	36.85%	37.45%	38.22%	38.82%	39.35%	39.95%
36.50	35.30%	35.90%	36.40%	37.00%	37.60%	38.40%	39.00%	39.50%	40.10%
37.00	35.37%	36.07%	36.55%	37.15%	37.75%	38.57%	39.17%	39.65%	40.25%
37.50	35.55%	36.25%	36.70%	37.30%	37.90%	38.75%	39.35%	39.80%	40.40%
38.00	35.72%	36.42%	36.85%	37.45%	38.05%	38.92%	39.52%	39.95%	40.55%
38.50	35.90%	36.60%	37.00%	37.60%	38.20%	39.10%	39.70%	40.10%	40.70%
39.00	36.07%	36.77%	37.15%	37.75%	38.35%	39.27%	39.87%	40.25%	40.85%
39.50	36.25%	36.95%	37.30%	37.90%	38.50%	39.45%	40.05%	40.40%	40.90%
40.00	36.42%	37.12%	37.45%	38.05%	38.65%	39.62%	40.22%	40.55%	41.05%

Tip: Use the suprailliac skinfold measurement and look up your corresponding body fat percentage in the table above.

If you need body fat calipers, I highly recommend [Accu-Measure Calipers](#) as shown below:

