



Scotia Fitness Centre:  
423-5966

Fit 'N' Well Reception:  
431-1509

[www.fitnwell.com](http://www.fitnwell.com)

[greg@fitnwell.com](mailto:greg@fitnwell.com)

## PERSONALIZED WEIGHT LOSS TRACKER

Tracking your results is one of the most important aspects of your weight loss journey. We call it weight loss, but your *measurements* are actually a much more important indication of your success than weight loss is. Muscle is a very dense tissue that takes up very little space, where as fat is very light and takes up a lot of space. As you exercise, you will build up dense muscle tissue while losing fat. For this reason, some people don't lose weight as quickly as they would like. Typically though, these people still lose a lot of inches of fat. Be careful that you don't get discouraged if you are one of these people. The weight loss will come. If you lose weight quickly that is great, but, how many *inches* you lose should still be your most important focus.

You may ask why you should exercise then if exercise may impede your weight loss results. A pound of muscle burns approximately 50 calories per day. Fat doesn't burn anything. For example, even a mere muscle gain of 5 pounds, would contribute to burning about 250 calories a day more than you are burning now.

### TRACKING WEIGHT AND MEASUREMENT FIGURES

You should take your weight and measurements first thing in the morning, as your weight and measurements will be much higher in the evening.

For women it is important that you record your weight and measurements at the same time during your cycle each month in order to keep your records consistent.

### TAKING MEASUREMENTS

It is advised that you take your measurements once a month. Be sure to take your measurements in exactly the same spot each month.

**Hint:** Take a few notes when you landmark your measurements and make sure that the tape measure is level on your body to ensure that your measurements are taken accurately every month.

#### WOMEN :

- Chest - Take measurement without undergarments, at armpit level.
- Waist - Take measurement either at navel level or the smallest part of your waist.
- Hips - Take measurement at the largest part of your hips.
- Thighs - Take measurement just below your buttocks, around the top of each thigh.

#### MEN:

Typically men only need to measure their chest and waist, as this is where men usually carry their excess weight. Some men may carry a little more weight on their hips and thighs as well. If this is the case in your situation, take the hips and thigh measurements too.

- Chest - Either armpit or nipple level.
- Waist - Navel level or smallest part of waist.
- Hips - Largest part of hips.
- Thighs - Just below your buttocks, around the top of each thigh.



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## PERSONAL DATA

Name: **Jane Doe**

Starting Date: **20-Oct-02**  
[MM/DD/YY]

Goal Date: **20-Jun-04**  
[MM/DD/YY]

<b># of Months To Goal 20</b>
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### Starting Measurements:

<b>Chest:</b>	<b>45</b>
<b>Waist:</b>	<b>43</b>
<b>Hips:</b>	<b>55</b>
<b>Thighs:</b>	<b>34.5</b>
<b>Weight:</b>	<b>260</b>

### Goal Measurements:

<b>Chest:</b>	<b>38</b>
<b>Waist:</b>	<b>32</b>
<b>Hips:</b>	<b>42</b>
<b>Thighs:</b>	<b>25</b>
<b>Weight:</b>	<b>145</b>

Inches or Pounds to Goal	Average Monthly Loss
7	0.3
11	0.5
13	0.6
9.5	0.5
115	5.7

### Waist to Hip

**Ratio: 0.78** [significant health risk if Males >0.95 and Females > 0.80]

Start by entering in your current information above on the left. (Since your right thigh might be slightly different from your left, for simplicity, record the average of the two.) Once you have done that, think about what you would like your weight and measurements to be. If you were in better shape as a young adult, use those approximate measurements and weight (your goal measurements) as your goals and place those figures above on the right. You should be able to get there again, or close to it. If you don't have anything to compare with, you even have more to be excited about because you have the opportunity to get into the best shape of your life.

The information that you input into your personal data section will chart out for you structured weight losses for the time frame that you have given. It will also start recording your actual measurements losses as you input your results each month.

Specific weight loss/measurement loss can not be guaranteed. That will depend upon variables such as your program, your metabolism, your eating habits, and how much weight and inches you have to lose, etc. Men typically lose both weight and inches much faster than women do. Women, if you need to lose 30 to 50 pounds or more, you can guesstimate on losing approximately an inch off your hips, and inch off your waist and half an inch off each thigh each month. You can also estimate anywhere from 1 - 6 pounds per month. Remember, more isn't always better. Unless you have a large amount to lose (100 - 200 lbs) losing too much too quickly (more than 6 - 8 lbs/month) can be dangerous and a serious health risk. Please consult your physician if you feel you may be losing weight too quickly.

The way you lose inches depends entirely on your body. For example, I have two clients who both lost similar amounts of weight, and who both needed to lose approximately 100 pounds. In 15 months, one client lost 70 pounds



PERSONAL TRAINING FOR *WEIGH* BETTER RESULTS!

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## PERSONAL TRACKER FOR: Jane Doe

DATE	CHEST	WAIST	HIPS	THIGHS	WEIGHT	TOTAL POUNDS LOST	TOTAL INCHES OFF CHEST	TOTAL INCHES OFF WAIST	TOTAL INCHES OFF HIPS	TOTAL INCHES OFF THIGHS
20-Oct-02	45	43	55	34.5	260					
19-Nov-02	44.5	41	54.5	34	252	8	0.5	2	0.5	
20-Dec-02	44	40	53.5	33	245	15	1	3	1.5	
19-Jan-03	44	39.5	53	32.5	241	19	1	3.5	2	
19-Feb-03	43.5	38.5	52.5	32	235	25	1.5	4.5	2.5	
21-Mar-03	43.5	38	52	31.5	230	30	1.5	5	3	
21-Apr-03	43.5	38	52	31.5	225	35	1.5	5	3	
21-May-03	43	37	51	31	220	40	2	6	4	
21-Jun-03	43	36	50.5	31	219	41	2	7	4.5	
21-Jul-03										
21-Aug-03										
20-Sep-03										
21-Oct-03										
20-Nov-03										
21-Dec-03										
20-Jan-04										
20-Feb-04										
21-Mar-04										



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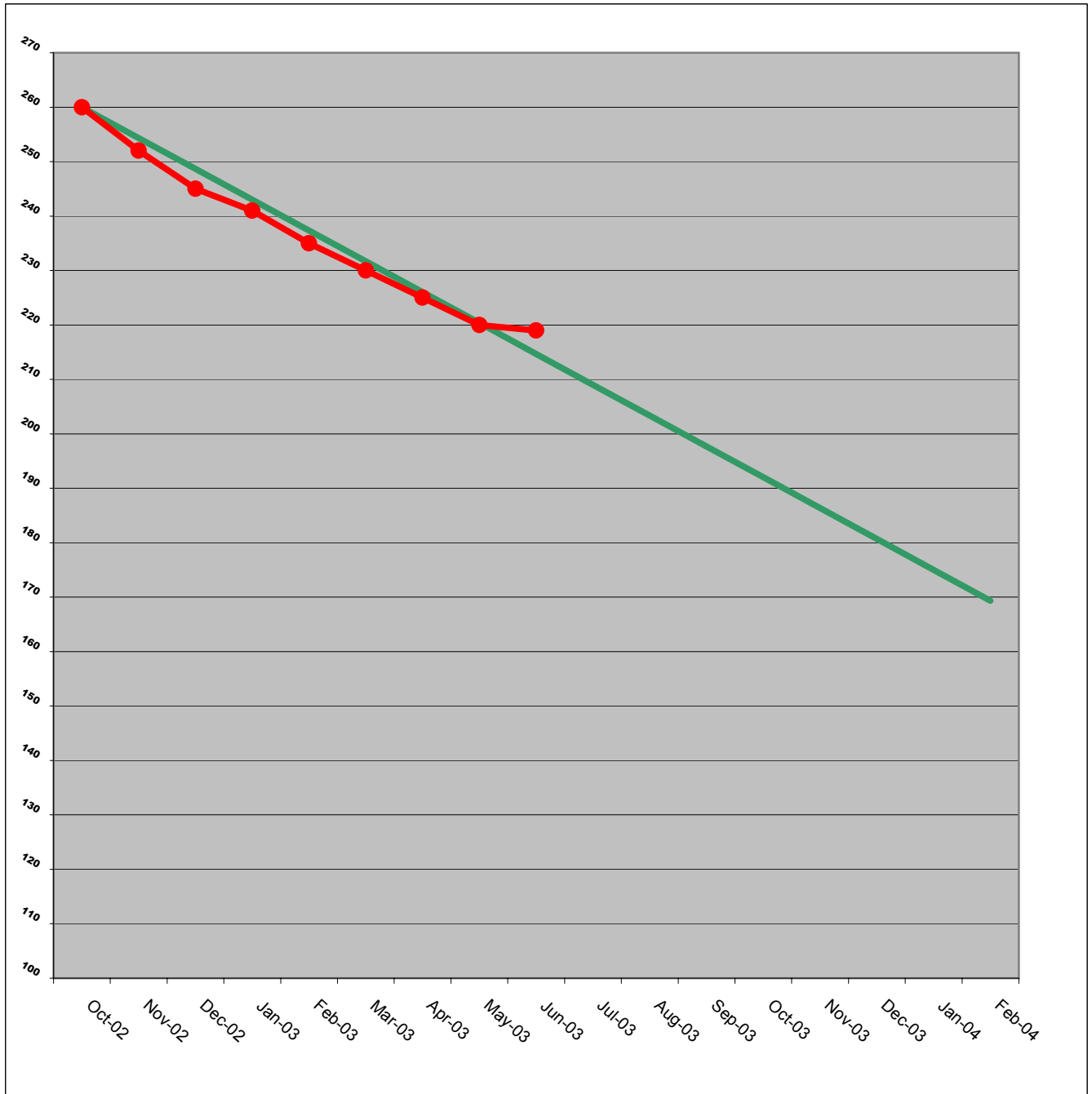
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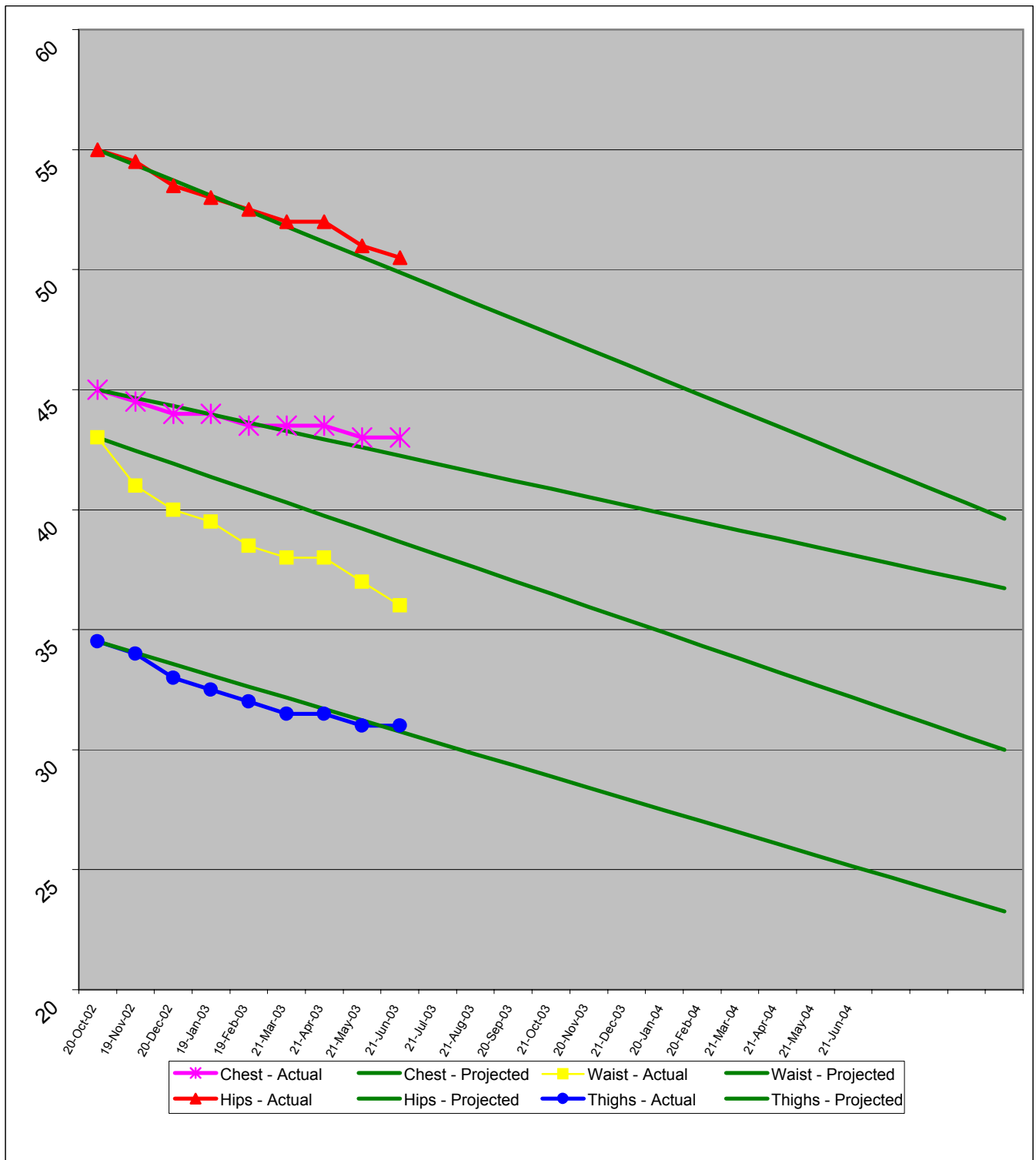


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**MEASUREMENTS:**

**NAME:** \_\_\_\_\_

DATE: \_\_\_\_\_

DAY of CYCLE:(if applicable) \_\_\_\_\_

CHEST: \_\_\_\_\_

Largest girth of chest or armpit level.

ARM: R: \_\_\_\_\_ L: \_\_\_\_\_

Upper arm halfway between olecranon and acromion process.

FOREARM: \_\_\_\_\_

Largest Girth of Forearm.

WAIST: \_\_\_\_\_

Navel Level.

HIPS: \_\_\_\_\_

Over buttocks at largest girth.

THIGH: R: \_\_\_\_\_ L: \_\_\_\_\_

Just below buttocks.

CALF: R: \_\_\_\_\_ L: \_\_\_\_\_

At largest girth of calf.

Take these measurements once a month at the same time of day on the date each month. Ladies, these measurements must be taken on the same day of your cycle each month.

WEIGHT: \_\_\_\_\_

HEIGHT: \_\_\_\_\_

BLOOD PRESSURE: \_\_\_\_\_

LEAN MUSCLE MASS: \_\_\_\_\_

BODY FAT PERCENTAGE: \_\_\_\_\_

STARTING HEART RATE: \_\_\_\_\_

FAT WEIGHT: \_\_\_\_\_

EXERCISING H.R. @ \_\_\_\_\_

**WAIST TO HIP RATIO: (Android vs Gynoid Distribution)**

Waist Measurement divided by Hip Measurement: \_\_\_\_\_

[significant health risk if Males >0.95 and Females > 0.80]