

Month _____

Monthly Goals: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Recap
Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Weight Loss _____
Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Nutrition Goal _____
Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Personal Record _____
Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Weight Loss _____
Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Nutrition Goal _____
Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Personal Record _____
Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Weight Loss _____
Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Nutrition Goal _____
Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Personal Record _____
Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Weight Loss _____
Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Nutrition Goal _____
Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Personal Record _____
Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Workout/Goal _____	Weight Loss _____
Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Calories Burned _____	Nutrition Goal _____
Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Workout Done O Water (8oz) OOOOOOOO	Personal Record _____

Monthly Measurements:

Start Weight _____ Start Waist _____
 End Weight _____ End Waist _____
 Start Hip _____ Start _____
 End Hip _____ End _____

Waist to Hip Ratio:

_____ divide by _____ = _____
 Waist Hip

Waist to Hip Circumference Ratio Standards for Men and Women

	Age (years)	Disease Risk Related to Obesity			
		Low	Moderate	High	Very High
MEN	20-29	<0.83	0.83-0.88	0.89-0.94	>0.94
	30-39	<0.84	0.84-0.91	0.92-0.96	>0.96
	40-49	<0.88	0.88-0.95	0.96-1.00	>1.00
	50-59	<0.90	0.90-0.96	0.97-1.02	>1.02
	60-69	<0.91	0.91-0.98	0.99-1.03	>1.03
WOMEN	20-29	<0.71	0.71-0.77	0.78-0.82	>0.82
	30-39	<0.72	0.72-0.78	0.79-0.84	>0.84
	40-49	<0.73	0.73-0.79	0.80-0.87	>0.87
	50-59	<0.74	0.74-0.81	0.82-0.88	>0.88
	60-69	<0.76	0.76-0.83	0.84-0.90	>0.90

Adapted from Newswell VL, Shoharovich LM. Applied Body Composition Assessment. Champaign IL, Human Kinetics, 1996, p.82