

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 _____ |
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| 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, Stolarczyk LM. Applied Body Composition Assessment. Champaign IL, Human Kinetics, 1996, p.82