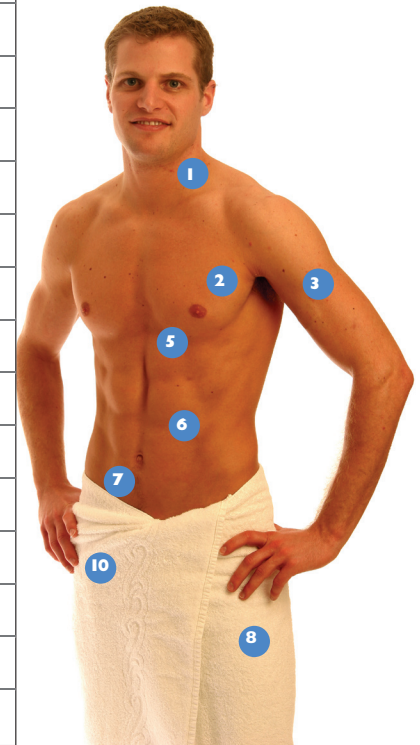


Male Measurement Charts

Measurements	Prep Day	Day 3	Day 7	Day 15	Day 30	Totals
1. Neck						
2. Chest (at armpit)						
3. Upper Arm (L)						
4. Upper Arm (R)						
5. Rib Cage						
6. Waist						
7. Abdomen (6" from Waist)						
8. Upper Thigh (L)						
9. Upper Thigh (R)						
10. Buttock (9" from Waist)						
Total Inches						
Total Inches Lost						
Total Body Fat %						
Total Body Fat % Lost						
Total Weight						
Total Weight Lost						



MEN

- 1) Match these numbers to the numbers on the chart.
- 2) Make sure you measure at the same time of day, preferably in the early morning.
- 3) Record your results in the chart as indicated—total inches and weight at the bottom of the column.
- 4) Watch the weight and more importantly the inches drop off.

Male Body Fat Percentages Compared By Age Groups

Age	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
Health: Excellent	10.8%	12.8%	14.5%	16.1%	17.5%	18.6%	19.6%	20.2%	21.0%	21.8%	22.1%
Health: Good	14.9%	16.5%	18.0%	19.4%	20.5%	21.5%	22.7%	23.2%	24.0%	24.7%	25.2%
Health: Fair	19.0%	20.3%	24.5%	22.6%	23.6%	24.5%	25.6%	26.2%	26.8%	27.4%	28.0%
Health: Poor	23.3%	24.4%	25.2%	26.1%	26.9%	27.6%	28.7%	29.3%	29.9%	30.4%	31.0%

