

Name

Height (Feet / Inches)

Today's Date - Time (AM – PM)

Current Weight – Target Weight (Pounds)

Bodyfat Percentage

Your body is composed of two kinds of fats. Essential Fats and Stored Fats.

<p><u>Essential fats</u> are needed for proper body functioning. They help you process vitamins A, D, E, and K, because these vitamins are fat-soluble. (Fat-soluble means the body must use fat to properly absorb them.)</p>	<p><u>Stored fats</u> help provide warmth and protection for your body. Your muscles also use stored fats for energy. Problems begin when you have excess body fat.</p>
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If you go below the levels of *Essential Fats*, you risk conditions like osteoporosis, a dangerous thinning of bone. Women can also have their menstrual cycles interrupted.

Ideally you should be in the *Athlete* or *Fitness* range. If you're in this range, you significantly reduce your chances of experiencing serious medical conditions, like heart attack, stroke and some cancers.

If you're in the *Acceptable* range, you should consider it a polite tap on the shoulder to look closer at your health. If you're at the higher end of the *Acceptable* range you're more likely to experience health problems than people in the *Athlete* or *Fitness* range.

Finally, consider the *Obese* range a warning sign. You should immediately talk to your doctor or health care professional about improving your diet and fitness. Simply moving from the *Obese* to *Acceptable* category can potentially add years to your life.

NOTE: Your *daily average bodyfat* is approximately 2 percentage points *lower* than the results when you test first thing in the morning. The ideal time for a bodyfat test is in the afternoon when you're fully hydrated.

	Women		Men	
Essential Fat	10-12%		2-4%	
Athlete	13-20%		5-13%	
Fitness	21-24%		14-17%	
Acceptable	25-31%		18-25%	
Obese	32% & Higher		26% & Higher	