

## WELLNESS DASHBOARD

APPENDIX C: BODY COMPOSITION MEASUREMENTS							
DATE	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	GOAL
WEIGHT	1						
% BODY FAT	1						
LEAN MASS	1						
FAT WEIGHT	1						
<b>Red Separator</b>							
CHEST	1						
WAIST	1						
HIP	1						
THIGH	1						
OTHER	1						
<b>Red Separator</b>							
RESTING HR	1						
<p><i>*Chest and hip circumference measurements taken at widest point.</i>  <i>*Waist circumference measurements taken at umbilicus (belly button).</i>  <i>*Thigh circumference measurement taken midway between knee and hip joint.</i></p> <p><b>NOTE:</b> Body-Composition measurements should be recorded every 2 to 4 weeks or as desired.</p>							

THE FITNESS POINTS LOG (WEEKLY TOTALS)						
FITNESS ACTIVITY	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6
Strength Training with proper form	4					
Cardiovascular Training	4					
Flexibility / Stretching	4					
TOTAL	4					
GOAL	4					

THE FITNESS POINTS LOG GUIDE (WEEKLY)	
POOR	< 20 Points Per Week
GOOD	20 - 30 Points Per Week
GREAT	30+ Points Per Week