

Fitness Progress Chart

1. Estimated Lean Body Weight (LBM)

The Lean Body Weight (LMB) is defined to be the body weight minus the body fat. Lean body mass is usually 60-90% of the total body mass.

2. Estimated Body Fat Weight (FW)

Body fat percentage is the percentage of fat that your body contains. If you weigh 160 pounds and are 10% fat, then your body contains 16 pounds fat and 144 pounds of lean body mass (blood, organs, tissues, muscle, bone)

3. Estimated Body Fat Percentage (BF)

A certain amount of fat is necessary for body functions. Keep your body fat at what seems to be the acceptable level of 25-31% for women and 18-25% for men.

4. Estimated Body Mass Index (BMI) or (LBM)

Use one of the available methods to assess your body **fat** percentage. Weigh yourself to determine your total body **mass**, or TBM, then multiply it by your body **fat** percentage, or BF% to get your **fat** weight, or FW. Subtract FW from TBM to get your **lean body mass**, or **LBM**

For men, optimal percent body fat ranges are five to 13 percent for athletes, 10 to 25 percent for optimal health, and 12 to 18 percent for optimal fitness.

Men over 25 percent body fat are considered obese.

Women naturally have higher values of body fat than men. Female athletes range from 12 to 22 percent, optimal health values are 18 to 30 percent, and body fat for optimal fitness ranges from 16 to 25 percent. Women over 30 percent body fat are considered obese.

*Be Blessed & Be a Success,
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