

Activity 12.2: My Body Composition Goals

Use to document body composition and to track progress over 3 time intervals.

Demonstrate your commitment to your self-care by assessing your body composition, your current progress in this area, and your establishment of goals based on the information provided and your assessment. If you choose to pursue weight loss, the following information will expedite your planning for part 3, "Wellness Goal Attainment." If you decide to work with your doctor, a nutritionist, or a personal trainer, feel free to share these assessments with your expert providers.

Suggestions. Fill in values starting with today's date in the column titled #1. Then add in all measures as accurately as possible (don't guess!) using the notes as a guide. Skip or add items as needed. Complete by adding in your targets. Tip: You may want to put your targets in pencil.

Gender: M F Age _____ Height _____

Measures	#1 / /	#2 / /	#3 / /	My targets	Notes
Frame size					Wrist circumference= _____ https://www.nlm.nih.gov/medlineplus/ency/imagepages/17182.htm
Weight					Ideally, weigh yourself before eating in the morning while wearing light clothing without shoes on a reliable scale.
BMI					Obtain BMI at https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
Waist circumference					Start at the top of your hip bone and then bring the tape measure all the way around, level with your belly button. Make sure it's not too tight and that it's straight. Don't hold your breath!
Pant size					Does your pant size align with your weight and waist circumference targets?
% Body fat					How and at what time of day or time will you measure to have consistent accurate measures.

Your realistic vision. On the back of this page describe using the statistics above, pictures, clothes etc. what you realistically think you could look like in one year if you really worked at the change (including having bariatric surgery if you qualify).