

BURN THE FAT, FEED THE MUSCLE PROGRESS CHART*

| Week | Date | Sum of Skinfolds (mm.)† | Body Fat Percentage | Body Weight | Pounds of Body Fat | Pounds of Lean Body Mass (LBM) | Weekly LBM Change | Weekly Body Fat Change | Weekly Weight Change | Total Weight Change To Date |
|------------------|------|-------------------------|---------------------|-------------|--------------------|--------------------------------|-------------------|------------------------|----------------------|-----------------------------|
| Start (Baseline) | | | | | | | | | | |
| Week 1 | | | | | | | | | | |
| Week 2 | | | | | | | | | | |
| Week 3 | | | | | | | | | | |
| Week 4 | | | | | | | | | | |
| Week 5 | | | | | | | | | | |
| Week 6 | | | | | | | | | | |
| Week 7 | | | | | | | | | | |
| Week 8 | | | | | | | | | | |
| Week 9 | | | | | | | | | | |
| Week 10 | | | | | | | | | | |
| Week 11 | | | | | | | | | | |
| Week 12 | | | | | | | | | | |

*Download free interactive Excel spreadsheet versions of this progress chart at www.BurnTheFatFeedTheMuscle.com.

†If you use an accumeasure, there is only one skinfold, the iliac crest (hip bone) site. If you use a multi-site test, add up the total of each skinfold and log the sum in your chart. If you don't use skinfolds as your body-fat-testing method, you can leave the skinfold column blank.