



Measurement Log Sheet (Set your targets and track your progress)

Name: _____

	Targets	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
Feature	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
Weight															
BMI															
Body Fat Percentage															
Skeletal Muscle Percentage															
Resting Metabolism															
Body Age															
Visceral Fat Level															

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Feature	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
Weight															
BMI															
Body Fat Percentage															
Skeletal Muscle Percentage															
Resting Metabolism															
Body Age															
Visceral Fat Level															

Body Fat Percentage

Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very High)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Skeletal Muscle Percentage

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Visceral Fat Level

Visceral Fat Level	Visceral Fat Level Classification
≤ 9	0 (Normal)
10 - 14	+ (High)
≥ 15	++ (Very High)

BMI

BMI	BMI (Designation by the WHO)
Less than 18.5	- (Underweight)
18.5 or more and less than 25	0 (Normal)
25 or more and less than 30	+ (Overweight)
30 or more	++ (Obese)

*Read all the information in the instruction manual.