

# 12 WEEK PROGRESS CHART Tanita Bio-Electric Impedance Analysis Body Fat Test

| Week    | Date of Test | Time of Test | Bodyfat Percentage | Total Body Weight | Fat Weight | Lean Body Weight | Change (+ / -) in Lean Body Mass | Change (+ / -) in Fat Mass | Weekly Weight Change | Total Weight Change to Date | Total Body Fat Change To Date |
|---------|--------------|--------------|--------------------|-------------------|------------|------------------|----------------------------------|----------------------------|----------------------|-----------------------------|-------------------------------|
| Start   |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 1  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 2  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 3  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 4  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 5  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 6  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 7  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 8  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 9  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week10  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 11 |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Finish  |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |
| Week 12 |              |              |                    |                   |            |                  |                                  |                            |                      |                             |                               |