

WELLNESS DASHBOARD

| APPENDIX C: BODY COMPOSITION MEASUREMENTS | | | | | | | |
|--|------|------|------|------|------|------|------|
| DATE | WK 1 | WK 2 | WK 3 | WK 4 | WK 5 | WK 6 | GOAL |
| WEIGHT | 1 | | | | | | |
| % BODY FAT | 1 | | | | | | |
| LEAN MASS | 1 | | | | | | |
| FAT WEIGHT | 1 | | | | | | |
| CHEST | | | | | | | |
| CHEST | 1 | | | | | | |
| WAIST | 1 | | | | | | |
| HIP | 1 | | | | | | |
| THIGH | 1 | | | | | | |
| OTHER | 1 | | | | | | |
| RESTING HR | | | | | | | |
| RESTING HR | 1 | | | | | | |
| <p><i>*Chest and hip circumference measurements taken at widest point.</i> <i>*Waist circumference measurements taken at umbilicus (belly button).</i> <i>*Thigh circumference measurement taken midway between knee and hip joint.</i></p> <p>NOTE: Body-Composition measurements should be recorded every 2 to 4 weeks or as desired.</p> | | | | | | | |

| THE FITNESS POINTS LOG (WEEKLY TOTALS) | | | | | | |
|--|------|------|------|------|------|------|
| FITNESS ACTIVITY | WK 1 | WK 2 | WK 3 | WK 4 | WK 5 | WK 6 |
| Strength Training with proper form | 4 | | | | | |
| Cardiovascular Training | 4 | | | | | |
| Flexibility / Stretching | 4 | | | | | |
| TOTAL | 4 | | | | | |
| GOAL | 4 | | | | | |

| THE FITNESS POINTS LOG GUIDE (WEEKLY) | |
|---------------------------------------|-------------------------|
| POOR | < 20 Points Per Week |
| GOOD | 20 - 30 Points Per Week |
| GREAT | 30+ Points Per Week |