

HOW DO WE GO ABOUT “SHAPING MATTERS”

After the body composition analysis, a goal assessment session is conducted where your goals become the PRIORITY in the design of your personalized programme – customized according to your requirements and your Training Progress is logged to tailor-make modifications to your specific program advancement.

TRAINING PROGRESS LOG –

Measurement of Vitals – ASSESSMENT RECORD

- Keep track of your progress by logging a record of your achievements.
- Stick to your programme by tracking progress on paper
- Measure your vitals – here’s how
- BODY COMPOSITION ANALYSIS:

1. Body fat % measurement

Normal non-athlete range – 24% -30%/Optimal range 18% - 22%/Contest range 6% - 10%VO2 Max (fitness indication) Measure yourself by logging the time it takes to run/walk 2.5km. Aim for 15 min or less

2. Waist/Hip Ratio: Divide your waist Measurement (in cm) by your Hip Measurement (in cm) – under 0.8 is ideal.
3. BMI: A Body Mass Index of 18.5 – 25 is considered optimal. Divide your weight (in Kg) by your [height squared] (in metres)

ASSESSMENT RECORD: CLIENT: _____ DOB: _____

VITAL MEASUREMENT LOG - PROGRESS CHART

STARTING	START DATE	1 MONTHS	6 WEEKS	3 MONTHS	6 MONTHS	1 YEAR
MEASUREMENT						
Waist cm						
Hip cm						
Waist/hip ratio						
BMI (<u>weight/[height]²</u>) Ratio						
Body Fat %						
VO ₂ Max (fitness indication)						
Pulse						
<u>BP</u> Blood Pressure						

80% MHR:

60%MHR:

MHR =220 –age =