## What's Your Body Composition?

## Determining Your Body Fat

The first step in determining your composition is to calculate your body fat as a percentage of your total weight. Refer now to the worksheet for computing your percentage of body fat. (The calculations vary with gender, so make sure you're using the appropriate one for you and follow the instructions. We'll take each gender in turn.)

## For Women:

1. Measure your height in inches without shoes.
2. Using the measurements you made before, record your height, waist, and hip measurements in the labeled spaces on the worksheet on page 70.
3. Turn to the conversion constants chart for women and find each of these average measurements in the appropriate column. Record the adjacent constants (A for hips, B for abdomen, and C for height) on the worksheet where indicated. These constants have been derived experimentally and allow you to convert your measurements into a form that can be used to compute your body fat percentage.

## WOMEN:

## COMPITTNG YOUR BODY FAT PERCUNTAGE

First, find your average measurements IN INCHES:
Hips Abdomen Height
Measurement \#1 $\qquad$
$\qquad$
$+$
Measurement \#2 $\qquad$
$+$
Measurement \#3
Total $=$
Divide by 3 =
4. Using the chart that follows, look up each of these average measurements and your height in the appropriate column. The numbers listed beside them will be constant A (hips), constant B (abdomen), and constant C (height). Use these constants below. Add constants A and B, then subtract constant $C$ from their sum. Round your answer to the nearest whole number. This figure is your percentage of body fat.

Add together ___ Constant A (hips)
$+$ $\qquad$ Constant B (abdomen)
Total $\qquad$
Subtract - $\qquad$ Constant C (height)
$\qquad$ = your percentage of body fat

## CONVEREION CONSTANTS TO PREDICT PERCENTACE OF BODY FAF-WOMEN

| HIPS |  | ABDOMEN |  | HEIGHT |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| INCHES | CONSTANT A | INCHES | CONSTANT B | INCHES | CONSTANT C |
| 30 | 33.48 | 20 | 14.22 | 55 | 33.52 |
| 30.5 | 33.83 | 20.5 | 14.40 | 55.5 | 33.67 |
| 31 | 34.87 | 21 | 14.93 | 56 | 34.13 |
| 31.5 | 35.22 | 21.5 | 15.11 | 56.5 | 34.28 |
| 32 | 36.27 | 22 | 15.64 | 57 | 34.74 |
| 32.5 | 36.62 | 22.5 | 15.82 | 57.5 | 34.89 |
| 33 | 37.67 | 23 | 16.35 | 58 | 35.35 |
| 33.5 | 38.02 | 23.5 | 16.53 | 58.5 | 35.50 |
| 34 | 39.06 | 24 | 17.06 | 59 | 35.96 |
| 34.5 | 39.41 | 24.5 | 17.24 | 59.5 | 36.11 |
| 35 | 40.46 | 25 | 17.78 | 60 | 36.57 |
| 35.5 | 40.81 | 25.5 | 17.96 | 60.5 | 36.72 |
| 36 | 41.86 | 26 | 18.49 | 61 | 37.18 |
| 36.5 | 42.21 | 26.5 | 18.67 | 61.5 | 37.33 |
| 37 | 43.25 | 27 | 19.20 | 62 | 37.79 |
| 37.5 | 43.60 | 27.5 | 19.38 | 62.5 | 37.94 |
| 38 | 44.65 | 28 | 19.91 | 63 | 38.40 |
| 38.5 | 45.00 | 28.5 | 20.09 | 63.5 | 38.55 |
| 39 | 46.05 | 29 | 20.62 | 64 | 39.01 |
| 39.5 | 46.40 | 29.5 | 20.80 | 64.5 | 39.16 |
| 40 | 47.44 | 30 | 21.33 | 65 | 39.62 |
| 40.5 | 47.79 | 30.5 | 21.51 | 65.5 | 39.77 |
| 41 | 48.84 | 31 | 22.04 | 66 | 40.23 |
| 41.5 | 49.19 | 31.5 | 22.22 | 66.5 | 40.38 |
| 42 | 50.24 | 32 | 22.75 | 67 | 40.84 |
| 42.5 | 50.59 | 32.5 | 22.93 | 67.5 | 40.99 |
| 43 | 51.64 | 33 | 23.46 | 68 | 41.45 |
| 43.5 | 51.99 | 33.5 | 23.64 | 68.5 | 41.60 |
| 44 | 53.03 | 34 | 24.18 | 69 | 42.06 |
| 44.5 | 53.41 | 34.5 | 24.36 | 69.5 | 42.21 |
| 45 | 54.53 | 35 | 24.89 | 70 | 42.67 |
| 45.5 | 54.86 | 35.5 | 25.07 | 70.5 | 42.82 |
| 46 | 55.83 | 36 | 25.60 | 71 | 43.28 |
| 46.5 | 56.18 | 36.5 | 25.78 | 71.5 | 43.43 |
| 47 | 57.22 | 37 | 26.31 | 72 | 43.89 |
| 47.5 | 57.57 | 37.5 | 26.49 | 72.5 | 44.04 |
| 48 | 58.62 | 38 | 27.02 | 73 | 44.50 |
| 48.5 | 58.97 | 38.5 | 27.20 | 73.5 | 44.65 |
| 49 | 60.02 | 39 | 27.73 | 74 | 45.11 |
| 49.5 | 60.37 | 39.5 | 27.91 | 74.5 | 45.26 |
| 50 | 61.42 | 40 | 28.44 | 75 | 45.72 |
| 50.5 | 61.77 | 40.5 | 28.62 | 75.5 | 45.87 |
| 51 | 62.81 | 41 | 29.15 | 76 | 46.32 |
| 51.5 | 63.16 | 41.5 | 29.33 | 76.5 | 46.47 |
| 52 | 64.21 | 42 | 29.87 | 77 | 46.93 |
| 52.5 | 64.56 | 42.5 | 30.05 | 77.5 | 47.08 |
| 53 | 65.61 | 43 | 30.58 | 78 | 47.54 |


| 53.5 | 65.96 | 43.5 | 30.76 | 78.5 | 47.69 |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 54 | 67.00 | 44 | 31.29 | 79 | 48.15 |
| 54.5 | 67.35 | 44.5 | 31.47 | 79.5 | 48.30 |
| 55 | 68.40 | 45 | 32.00 | 80 | 48.76 |
| 55.5 | 68.75 | 45.5 | 32.18 | 80.5 | 48.91 |
| 56 | 69.80 | 46 | 32.71 | 81 | 49.37 |
| 56.5 | 70.15 | 46.5 | 32.89 | 81.5 | 49.52 |
| 57 | 71.19 | 47 | 33.42 | 82 | 49.98 |
| 57.5 | 71.54 | 47.5 | 33.60 | 82.5 | 50.13 |
| 58 | 72.59 | 48 | 34.13 | 83 | 50.59 |
| 58.5 | 72.94 | 48.5 | 34.31 | 83.5 | 50.74 |
| 59 | 73.99 | 49 | 34.84 | 84 | 51.20 |
| 59.5 | 74.34 | 49.5 | 35.02 | 84.5 | 51.35 |
| 60 | 75.39 | 50 | 35.56 | 85 | 51.81 |

Let's look at how one patient computed her body fat percentage. Lisa is $5^{\prime} 6^{\prime \prime}$ and weighs 157 pounds. She measured her hips at $38.5^{\prime \prime}, 38^{\prime \prime}$, and $38.5^{\prime \prime}$. Her average hip measurement is 38.3 inches. (Calculate as follows: $38.5+$ $38+38.5=115$, and $115 \div 3=38.3$.) Lisa should round the hip measurement down to 38 . Her abdomen measurements are $27^{\prime \prime}, 26.5^{\prime \prime}$, and $27.75^{\prime \prime}$ for an average abdominal measurement of $27.08^{\prime \prime}$, rounded to 27 . Turning to the conversion constants chart, she will find her hip measurement (38) and to its right constant $A$ (44.65), then her abdominal measurement (27) and to its right constant B (19.20), and finally her height ( 66 inches) and to its right constant $C$ (40.23). Following the worksheet, she will now add constants $A$ and $B(44.65+19.20=63.85)$, and from that number she will subtract constant $\mathrm{C}(63.85-40.23=$ 23.62). Lisa's body fat is $\mathbf{2 3 . 6}$ percent.

## For Men:

1. Measure your wrist at the space between your hand and your wrist bone, where your wrist bends. Keep the
tape snug, but do not compress the skin. Take three measurements for your wrist, record them on the worksheet, and compute the average.
2. Weigh yourself on a scale in pounds and record the weight in the appropriate space on the worksheet. Record the waist measurement you made earlier for the waist-tohip ratio.
3. Subtract your average wrist measurement from your average waist measurement. Find this number listed as waist-minus-wrist across the top of the body fat calculation chart for men. On the left side of this table, find your weight. Follow across from your weight and down from your waist-minus-wrist measurement. Where these two columns intersect, you will find your body fat percentage. Let's work through an example using these worksheets and charts.

Mark weighs 200 pounds. He takes the following wrist measurements: $6.5^{\prime \prime}, 6.75^{\prime \prime}$, and $6.75^{\prime \prime}$ for an average wrist measurement of $6.67^{\prime \prime}$. (Calculate as follows: $6.5+6.75+$ $6.75=6.7$.) His waist (abdomen) measurements are $38^{\prime \prime}$, $37.75^{\prime \prime}$, and $38.25^{\prime \prime}$ for an average of 38 inches. (Compute as follows: $38+37.75+38.25=114$, and $114 \div 3=38$.) Mark will subtract his wrist measure from his waist ( 38 $6.7=31.3$ ) and round to the nearest one-half. Then he will find his waist-minus-wrist number (31) across the top of the conversion constants chart. Tracking down the left side of the chart, he will find his weight ( 200 pounds), and he will follow across to the column under his measure of 31 to find the number 22 . Mark has a body fat percentage of 22 percent.

## MEN:

COMPUTNGG YOUR BODY FAT PERCLENTAGE
First, find your average measurements IN INCHES or POUNDS:


Using the waist-minus-wrist chart, find your weight in pounds in the left column. Find your "waist minus wrist" number across the top of the chart. Going across from the left and down from the top, find the point at which these two readings intersect. This figure represents your percentage of body fat:

$$
\ldots \text { _ = percentage of body fat }
$$

## Calkulating Your Lean Body Weight

Now that you've got a good estimate of your body fat percentage, you can use this number to compute your lean body weight. Because the body is made of two basic
segments-fat weight and lean weight-if you know how much you weigh and what percent of your weight is fat, you can determine how much your lean tissue weighs.

First, take your weight in pounds and multiply it by your percentage of body fat as a decimal (for example, if your body fat is 42 percent, you would multiply by 0.42 to get your answer):
total weight $\times \%$ body fat $=$ weight of fat in pounds
Once you know the weight of your body fat, you can subtract it from your total weight to get your lean body weight:
total weight - fat weight = lean body weight
For Lisa in our earlier example, the calculation would look like this: Her weight ( 157 pounds) times her body fat percentage as a decimal ( 23.6 percent becomes 0.236 ) equals the total number of pounds of fat she carries (157 $\times 0.236=37$ pounds of fat). Her total weight (157) minus her fat weight (37) equals her lean weight (120 pounds).

Mark would figure his lean weight the same way. His weight ( 200 pounds) times his body fat percentage as a decimal ( 22 percent becomes 0.22 ) equals the total pounds of fat he carries ( $200 \times 0.22=44$ pounds of fat $)$. His total weight (200) minus his fat weight (44) equals his lean weight ( 156 pounds).

Knowing your lean body weight is important for two reasons: it's the basis for determining your daily protein requirement (which you'll do in Chapter 5), and it allows you to calculate a realistic goal weight for yourself. Even though we stress to our patients as we have to you that we don't care what you weigh as long as it's composed prop-
WAIST-MINUS-WRIST
BODY FAT CALCULATION-MALE

| WAIST MINUS (N INCHES) | NRIST | : | 22 | 22.5 | 23 | 23.5 | 24 | 24.5 | 25 | 25.5 | 26 | 26.5 | 27 | 27.5 | 28 | 28.5 | 29 | 29.5 | 30 | 30.5 | 31 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weight in lbs. | 120 |  | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 21 | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 |
|  | 125 |  | 4 | 6 | 7 | 9 | 11 | 13 | 15 | 17 | 19 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 33 | 35 | 37 |
|  | 130 |  | 3 | 5 | 7 | 9 | 11 | 12 | 14 | 16 | 18 | 20 | 21 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 36 |
|  | 135 |  | 3 | 5 | 7 | 8 | 10 | 12 | 13 | 15 | 17 | 19 | 20 | 22 | 24 | 26 | 27 | 29 | 31 | 32 | 34 |
|  | 140 |  | 3 | 5 | 6 | 8 | 10 | 11 | 13 | 15 | 16 | 18 | 19 | 21 | 23 | 24 | 26 | 28 | 29 | 31 | 33 |
|  | 145 |  | 3 | 4 | 6 | 7 | 9 | 11 | 12 | 14 | 15 | 17 | 19 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 31 |
|  | 150 |  | 2 | 4 | 6 | 7 | 9 | 10 | 12 | 13 | 15 | 16 | 18 | 19 | 21 | 23 | 24 | 26 | 27 | 29 | 30 |
|  | 155 |  | 2 | 4 | 5 | 6 | 8 | 10 | 11 | 13 | 14 | 16 | 17 | 19 | 20 | 22 | 23 | 25 | 26 | 28 | 29 |
|  | 160 |  | 2 | 4 | 5 | 6 | 8 | 9 | 11 | 12 | 14 | 15 | 17 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 28 |
|  | 165 |  | 2 | 3 | 5 | 6 | 8 | 9 | 10 | 12 | 13 | 15 | 16 | 17 | 19 | 20 | 22 | 23 | 24 | 26 | 27 |
|  | 170 |  | 2 | 3 | 4 | 6 | 7 | 9 | 10 | 11 | 13 | 14 | 15 | 17 | 18 | 19 | 21 | 22 | 24 | 25 | 26 |
|  | 175 |  | 2 | 3 | 4 | 6 | 7 | 8 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 20 | 21 | 23 | 24 | 25 |
|  | 180 | : | 1 | 3 | 4 | 5 | 7 | 8 | 9 | 10 | 12 | 13 | 14 | 16 | 17 | 18 | 19 | 21 | 22 | 23 | 25 |
|  | 185 |  | 1 | 3 | 4 | 5 | 6 | 8 | 9 | 10 | 11 | 13 | 14 | 15 | 16 | 18 | 19 | 20 | 21 | 23 | 24 |
|  | 190 | : | 1 | 2 | 4 | 5 | 6 | 7 | 8 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 23 |
|  | 195 |  | 1 | 2 | 3 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 16 | 18 | 19 | 20 | 21 | 22 |
|  | 200 | : | 1 | 2 | 3 | 4 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 |


| WAIST MINUS (N INCHES) |  | : | 22 | 22.5 | 23 | 23.5 | 24 | 24.5 | 25 | 25.5 | 26 | 26.5 | 27 | 27.5 | 28 | 28.5 | 29 | 29.5 | 30 | 30.5 | 31 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weight in lbs. | 205 | : | 1 | 2 | 3 | 4 | 5 | 6 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 |
|  | 210 | : | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 21 |
|  | 215 | : | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | 220 | : | 0 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | 225 | : | 0 | 1 | 2 | 3 | 4 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | 230 | : | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | 235 | : | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | 240 | : | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 17 |
|  | 245 | : | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | 250 | : | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | 255 | : | 0 | 1 | 2 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 14 | 15 | 16 |
|  | 260 | : | 0 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | 265 | : | 0 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 15 |
|  | 270 | : | 0 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 13 | 14 | 15 |
|  | 275 | : | 0 | 0 | 1 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 11 | 12 | 13 | 14 | 15 |
|  | 280 | : | 0 | 0 | 1 | 2 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 14 |
|  | 285 | : | 0 | 0 | 1 | 2 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 12 | 13 | 14 |
|  | 290 | : | 0 | 0 | 1 | 2 | 3 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 10 | 11 | 11 | 12 | 13 | 14 |
|  | 295 | : | 0 | 0 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 6 | 7 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 |
|  | 300 |  | 0 | 0 | 1 | 2 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 12 | 13 |

WAIST-MINUS-WRIST

| WAIST MINUS (N INCHES) |  | : | 31.5 | 32 | 32.5 | 33 | 33.5 | 34 | 34.5 | 35 | 35.5 | 36 | 36.5 | 37 | 37.5 | 38 | 38.5 | 39 | 39.5 | 40 | 40.5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weight in lbs. | 120 | : | 41 | 43 | 45 | 47 | 49 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 70 | 74 | 76 |
|  | 125 | : | 39 | 41 | 43 | 45 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 59 | 61 | 63 | 65 | 67 | 69 | 71 | 72 |
|  | 130 | : | 37 | 39 | 41 | 43 | 44 | 46 | 48 | 50 | 52 | 53 | 55 | 57 | 59 | 61 | 62 | 64 | 66 | 68 | 69 |
|  | 135 | : | 36 | 38 | 39 | 41 | 43 | 44 | 46 | 48 | 50 | 51 | 53 | 55 | 56 | 58 | 60 | 62 | 63 | 68 | 67 |
|  | 140 | : | 34 | 36 | 38 | 39 | 41 | 43 | 44 | 46 | 48 | 49 | 51 | 53 | 54 | 56 | 58 | 59 | 61 | 63 | 64 |
|  | 145 | : | 33 | 35 | 36 | 38 | 39 | 41 | 43 | 44 | 46 | 47 | 49 | 51 | 52 | 54 | 55 | 57 | 59 | 60 | 62 |
|  | 150 | : | 32 | 33 | 35 | 36 | 38 | 40 | 41 | 43 | 44 | 46 | 47 | 49 | 50 | 52 | 53 | 55 | 57 | 58 | 60 |
|  | 155 | : | 31 | 32 | 34 | 35 | 37 | 38 | 40 | 41 | 43 | 44 | 46 | 47 | 49 | 50 | 52 | 53 | 55 | 56 | 58 |
|  | 160 | : | 30 | 31 | 33 | 34 | 35 | 37 | 38 | 40 | 41 | 43 | 44 | 46 | 47 | 48 | 50 | 51 | 53 | 54 | 56 |
|  | 165 | : | 29 | 30 | 31 | 33 | 34 | 36 | 37 | 38 | 40 | 41 | 43 | 44 | 45 | 47 | 48 | 50 | 51 | 52 | 54 |
|  | 170 | : | 28 | 29 | 30 | 32 | 33 | 34 | 36 | 37 | 39 | 40 | 41 | 43 | 44 | 45 | 47 | 48 | 49 | 51 | 52 |
|  | 175 |  | 27 | 28 | 29 | 31 | 32 | 33 | 35 | 36 | 37 | 39 | 40 | 41 | 43 | 44 | 45 | 47 | 48 | 49 | 51 |
|  | 180 | : | 26 | 27 | 28 | 30 | 31 | 32 | 34 | 35 | 36 | 37 | 39 | 40 | 41 | 43 | 44 | 45 | 47 | 48 | 49 |
|  | 185 | : | 25 | 26 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 38 | 39 | 40 | 41 | 43 | 44 | 45 | 46 | 48 |
|  | 190 |  | 24 | 26 | 27 | 28 | 29 | 30 | 32 | 33 | 34 | 35 | 37 | 38 | 39 | 40 | 41 | 43 | 44 | 45 | 46 |
|  | 195 |  | 24 | 25 | 26 | 27 | 28 | 30 | 31 | 32 | 33 | 34 | 35 | 37 | 38 | 39 | 40 | 41 | 43 | 44 | 45 |
|  | 200 |  | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 | 32 | 33 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 43 | 44 |


| WAIST MINUS (N INCHES) | RIST |  | 31.5 | 32 | 32.5 | 33 | 33.5 | 34 | 34.5 | 35 | 35.5 | 36 | 36.5 | 37 | 37.5 | 38 | 38.5 | 39 | 39 | 40 | 40.5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Weight in lbs. | 205 | : | 22 | 23 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 43 |
|  | 210 |  | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 42 |
|  | 215 |  | 21 | 22 | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
|  | 220 |  | 20 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 |
|  | 225 |  | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 |
|  | 230 | : | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 |
|  | 235 |  | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 |
|  | 240 |  | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|  | 245 |  | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|  | 250 |  | 18 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 |
|  | 255 |  | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 |
|  | 260 |  | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 | 32 | 33 |
|  | 265 |  | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 |
|  | 270 |  | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 31 |
|  | 275 | : | 16 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 | 30 | 31 |
|  | 280 | . | 15 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 29 | 30 |
|  | 285 | . | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 26 | 26 | 27 | 28 | 29 | 30 |
|  | 290 | . | 15 | 15 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 27 | 28 | 29 |
|  | 295 |  | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 |
|  | 300 | : | 14 | 15 | 16 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 26 | 27 | 28 |

WAIST-MINUS-WRIST
BODY FAT CALCULATION--

| WAIST MINUS WRIST <br> (N INCHES) | $:$ | 41 | 41.5 | 42 | 42.5 | 43 | 43.5 | 44 | 44.5 | 45 | 45.5 | 46 | 46.5 | 47 | 47.5 | 48 | 48.5 | 49 | 49.5 | 50 |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Weight in lbs. | 120 | $:$ | 77 | 79 | 81 | 83 | 85 | 87 | 89 | 91 | 93 | 95 | 97 | 99 | 99 | 99 | 99 | 99 | 99 | 99 | 99 |
|  | 125 | $:$ | 74 | 76 | 78 | 80 | 82 | 84 | 85 | 87 | 89 | 91 | 93 | 95 | 96 | 98 | 99 | 99 | 99 | 99 | 99 |
|  | 130 | $:$ | 71 | 73 | 75 | 77 | 78 | 80 | 82 | 84 | 86 | 87 | 89 | 91 | 93 | 94 | 96 | 98 | 99 | 99 | 99 |
|  | 135 | $:$ | 68 | 70 | 72 | 74 | 75 | 77 | 79 | 80 | 82 | 84 | 86 | 87 | 89 | 91 | 92 | 94 | 96 | 98 | 99 |
|  | 140 | $:$ | 66 | 68 | 69 | 71 | 72 | 74 | 76 | 77 | 79 | 81 | 82 | 84 | 86 | 87 | 89 | 91 | 92 | 94 | 96 |
|  | 145 | $:$ | 63 | 65 | 67 | 68 | 70 | 71 | 73 | 75 | 76 | 78 | 79 | 81 | 83 | 84 | 86 | 87 | 89 | 91 | 92 |
|  | 150 | $:$ | 61 | 63 | 64 | 66 | 67 | 69 | 70 | 72 | 74 | 75 | 77 | 78 | 80 | 81 | 83 | 84 | 86 | 87 | 89 |
|  | 155 | $:$ | 59 | 61 | 62 | 64 | 65 | 67 | 68 | 70 | 71 | 73 | 74 | 76 | 77 | 79 | 80 | 82 | 83 | 85 | 86 |
|  | 160 | $:$ | 57 | 59 | 60 | 61 | 63 | 64 | 66 | 67 | 69 | 70 | 72 | 73 | 75 | 76 | 77 | 79 | 80 | 82 | 83 |
|  | 165 | $:$ | 55 | 57 | 58 | 60 | 61 | 62 | 64 | 65 | 67 | 68 | 69 | 71 | 72 | 74 | 75 | 76 | 78 | 79 | 81 |
|  | 170 | $:$ | 54 | 55 | 56 | 58 | 59 | 60 | 62 | 63 | 64 | 66 | 67 | 69 | 70 | 71 | 73 | 74 | 75 | 77 | 78 |
|  | 175 | $:$ | 52 | 53 | 55 | 56 | 57 | 59 | 60 | 61 | 63 | 64 | 65 | 66 | 68 | 69 | 70 | 72 | 73 | 74 | 76 |
|  | 180 | $:$ | 50 | 52 | 53 | 54 | 56 | 57 | 58 | 59 | 61 | 62 | 63 | 65 | 66 | 67 | 68 | 70 | 71 | 72 | 74 |
|  | 185 | $:$ | 49 | 50 | 51 | 53 | 54 | 55 | 56 | 58 | 59 | 60 | 61 | 63 | 64 | 65 | 66 | 68 | 69 | 70 | 71 |
|  | 190 | $:$ | 48 | 49 | 50 | 51 | 52 | 54 | 55 | 56 | 57 | 58 | 60 | 61 | 62 | 63 | 65 | 66 | 67 | 68 | 69 |
|  | 195 | $:$ | 46 | 47 | 49 | 50 | 51 | 52 | 53 | 55 | 56 | 57 | 58 | 59 | 60 | 62 | 63 | 64 | 65 | 66 | 68 |
|  | 200 | $:$ | 45 | 46 | 47 | 48 | 50 | 51 | 52 | 53 | 54 | 55 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 65 | 66 |


| WAST MINUS WRIST <br> ON INCHES) | $:$ | 41 | 41.5 | 42 | 42.5 | 43 | 43.5 | 44 | 44.5 | 45 | 45.5 | 46 | 46.5 | 47 | 47.5 | 48 | 48.5 | 49 | 49.5 | 50 |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Weight in IDS. | 205 | $:$ | 44 | 45 | 46 | 47 | 48 | 49 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 60 | 61 | 62 | 63 | 64 |
|  | 210 | $:$ | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 |
|  | 215 | $:$ | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 56 | 57 | 58 | 59 | 60 | 61 |
|  | 220 | $:$ | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 |
|  | 225 | $:$ | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 |
|  | 230 | $:$ | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 |
|  | 235 | $:$ | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 51 | 52 | 53 | 54 | 55 |
|  | 240 | $:$ | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 |
|  | 245 | $:$ | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 |
|  | 250 | $:$ | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
|  | 255 | $:$ | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 |
|  | 260 | $:$ | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
|  | 265 | $:$ | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 47 | 48 | 49 |
|  | 270 | $:$ | 32 | 33 | 34 | 35 | 36 | 37 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 47 | 48 |
|  | 275 | $:$ | 32 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 | 47 |
|  | 280 | $:$ | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 37 | 38 | 38 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 | 46 |
|  | 285 | $:$ | 30 | 31 | 32 | 33 | 34 | 34 | 35 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 | 43 | 44 | 45 |
|  | 290 | $:$ | 30 | 31 | 31 | 32 | 33 | 34 | 35 | 35 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 | 43 | 44 |
|  | 295 | $:$ | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 | 43 |
|  | 300 | $:$ | 29 | 29 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 39 | 40 | 41 | 42 | 43 |

## 82 Protein Power

erly, if you're like most people, you have an "ideal" weight in your head that you'd like to reach and maintain. Based on how many pounds of lean body tissue you currently have, that may or may not be an attainable weight for you. If you have to sacrifice lean muscle weight to reach it, we encourage you to revise your goal. So what is a realistic "ideal" goal weight for you?

