

DIRECTION BEFORE DETAILS

My Why. My Goal. My Starting Point.

Write down one reason that matters and one observable result. A review date is a check-in, not a deadline for your body.

MY WHY - One clear sentence I can return to on a difficult day

Where I will place a reminder

Choose a measure that serves your goal

Examples: weight in lb or kg; waist in inches or cm; a body-fat estimate from the same method; a device's visceral-fat rating; or a functional measure such as walking time or controlled repetitions. You do not need every measure.

My measurable goal or next milestone

My starting value, target or milestone, and unit

The method or device I will use / first review date

Choose targets that fit your circumstances. This planner helps you record a goal; it does not prescribe a body-fat percentage or interpret a medical result.

RECORD A USEFUL BASELINE

Make the Comparison Fair

Fill only the measures that help you. Keep the method and conditions as consistent as practical.

Baseline date / time / units I am using

Weight / waist, if using these measures

Optional body-fat estimate: value and method

Optional visceral-fat rating: value and exact device

Functional measure: task, result, and how it was performed

Device, location, timing, clothing, and other conditions to repeat

Where I will save my record / optional private photos

Compare like with like. Body-fat values are estimates; device ratings may use different scales. Record the exact method. Do not compare a device rating directly with a percentage or another brand's score.

You can use the Progress Trend Tracker to record follow-up measurements.