



CHRIS GATES FITNESS

Guide to Body Composition Tracking:

Daily Weigh-ins:

Each day, you must weigh yourself on the scale and track it (unless otherwise directed).*

While this may seem like a pretty straightforward process, there is a method to the madness, and I'd like you to do your daily weigh-ins in a very intentional way. Here's how to record your weight each day:

1. Wake up
2. Use the bathroom (pee and/or poop)
3. Step on the scale without any clothes on
4. Record your weight

If you'd like to learn more about why you're being instructed to weigh yourself in this manner each day, please [read my article on how to properly track your weight](#) in order to dive into deeper detail.

You will log your weight in your program in Google Sheets. These daily weigh-ins will be a helpful tool for us to use to determine progress.

Please note: The scale is not the ONLY tool to measure progress, but it is a valuable piece of data that will inform our decision making moving forward. Your weight will fluctuate up and down naturally each day. We won't be evaluating the day-to-day fluctuations, but rather the long-term trend.

**There will be instances where I don't want you to weigh yourself. We'll address those as they come (Ex: after major holidays). Also, depending on your goals, daily weigh-ins might not be necessary. If that's the case, we'll address that when putting your program together.*



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Waist Measurements:

Every two weeks, I'd like you to take waist measurements in order to give us additional data to monitor progress. Your first waist measurement should be at the start of the program, and we'll proceed with measurements every other week moving forward. You can log these in your Google Sheets program as well.

Here are quick and easy steps to measure your waist:

1. Start at the top of your hip bone with a tape measure, then bring the tape measure all the way around your body, level with your belly button.
2. Make sure it's not too tight and that it's straight, even at the back. Don't hold your breath while measuring.
3. Check the number on the tape measure and record it.
4. Do this process the same way each time.





Monthly Pictures:

Each month, you should take a progress picture. Once again, this is another helpful piece of data to accompany waist measurements and scale weight to help us understand what type of progress you're making.

Here are instructions on how to take these pictures:

1. Stand against a bare wall wearing shorts (men) or a swimsuit (women) that do not cover your knees.
2. Set up your camera far enough away to capture your entire body. If you don't want your face in the picture, that's perfectly fine. You can crop it out before you send it over.
3. Make sure the room is well lit.
4. Take photographs from:
 - a. Your front
 - b. Your back
 - c. Your left side
 - d. Your right side

Once taken, photos can be emailed to me at chrisgatesfitness@gmail.com and I'll store them in your file.

**I understand this process can be uncomfortable, but it's incredibly valuable. It will let you visually see your progress over time. It can also help you see progress when perhaps the scale isn't moving or your waist measurements plateau. What we're after is as much data as possible in order to best plan for progress!*