Body Composition Tracker

FREE BONUS 2 · LOSE FAT, NOT MUSCLE BY NELSON VERGEL

The scale cannot tell fat from muscle. This tracker follows the dashboard in Chapter 16 so you can see both, and catch muscle loss while you can still do something about it.

What to track and how often

Measure	How often	What it tells you
Protein (grams)	Daily	Whether you fed your muscle today. The single most important daily number.
Resistance sessions	Weekly	Whether you sent the muscle-preservation signal. Aim for 3 to 4 a week.
Body weight	Weekly, as a trend	Direction only. Ignore day-to-day swings.
Libido and energy (1-10)	Weekly	An early hormonal and under-eating signal. A falling trend is worth investigating.
Waist and progress photos	Monthly	Abdominal fat loss and shape change the scale misses.
Strength on 2 or 3 key lifts	Every session	Holding or rising means keeping muscle. A sharp drop is a warning.
Body composition scan (DEXA or InBody)	Every 3 to 4 months; a whole-body DEXA every 6 to 12 months	Fat mass and lean mass directly. DEXA is the ground truth (Appendix E).

> **The minimum version**
>
> If tracking everything feels like too much, track four things: daily protein, resistance sessions per week, your working weights on two or three main lifts, and a body composition scan every three to four months.

Baseline (before you start)

Date	Weight	Waist	Lift 1: _____	Lift 2: _____	Lift 3: _____	Photos taken?

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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Weekly log

Week of	Weight	Avg protein (g/day)	Sessions	Lift 1	Lift 2	Lift 3	Libido / energy

Scans

Date	DEXA / InBody	Weight	Fat mass	Lean mass	Body fat %	Visceral fat	Notes

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