

How do I record and chart percent body fat?

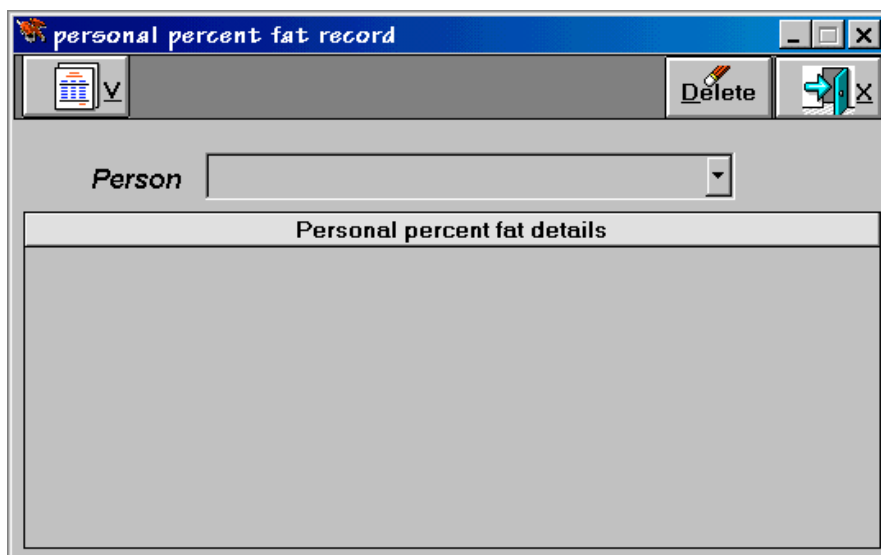
The purpose of this training sheet is to show you how you can record percent body fat and obtain a chart of percent body fat change over time.


Recording percent body fat

From the main menu bar, select the **P**erson option, then select **P**ersonal percent fat



the personal percent fat record screen is displayed as shown below:



Click the  to display a drop-down list of persons. Select the person¹ for which percent body fat values are to be entered.

The personal percent fat details area will now display a table with columns for Day, Percent Fat and Notes.

Enter a number for the day, enter the percent fat value and any notes you want to record. An example is shown below:


Personal percent fat details			
	Day	% fat	Notes
	1	23.5	initial 17/5/2003
*			

Continue to record the percent fat details:

Personal percent fat details			
	Day	% fat	Notes
	1	23.5	initial 17/5/2003
	2	23.	follow up 31/5/2003
	3	22.	follow up 14/6/2003
	4	22.5	follow up 30/6/2003
*			

¹ : If there are no persons in the drop-down list you need to create a quick food intake to create a person.

Charting your progress

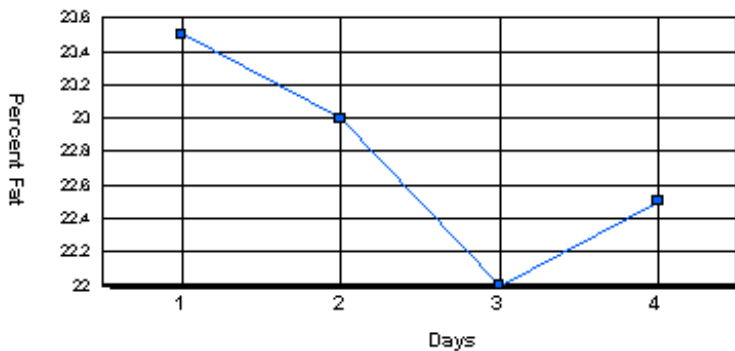
Click  to view a chart of your progress. A graph such as shown below will be displayed:



Personal Percent Body Fat record

Name: John Smith

<u>Day</u>	<u>Percent fat</u>	<u>Notes</u>
1	23.50%	initial 17/5/2003
2	23.00%	follow up 31/5/2003
3	22.00%	follow up 14/6/2003
4	22.50%	follow up 30/6/2003

Percent Body Fat record



You can print this chart by clicking  or export the information to a spreadsheet or word processing program by clicking  To exit the report click 