

## How do I record and chart skinfold measurements?

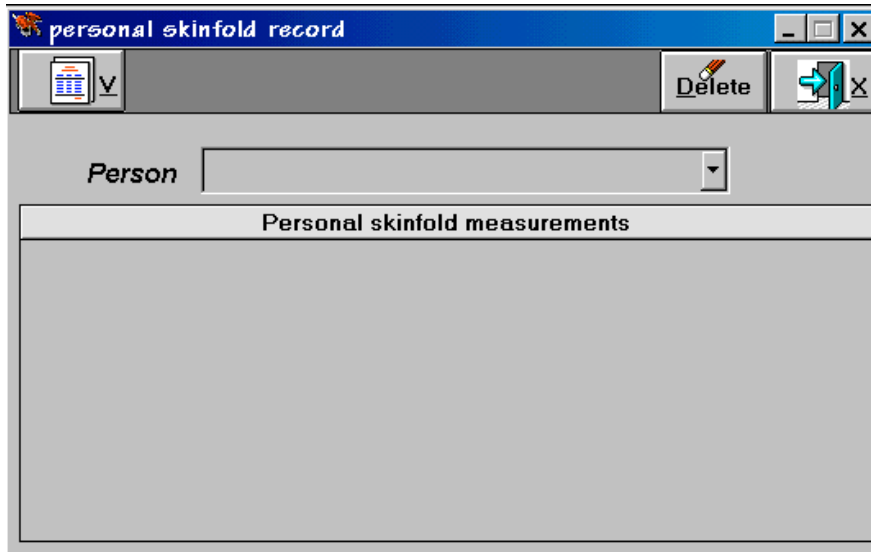
The purpose of this training sheet is to show you how you can record skinfold measurements and obtain a chart of both the skinfold measurements and calculated percent body fat change over time.


### Recording skinfold measurements

From the main menu bar, select the **P**erson option, then select **P**ersonal skinfold measurements



the personal skinfold measurements record screen is displayed as shown below:



Click the  to display a drop-down list of persons. Select the person<sup>1</sup> for which skinfold measurements are to be recorded.

The personal skinfold measurements area will now display a table with columns for day, thigh, chest/tricep, and abdomen/suprailiac and notes.

Note: For men you enter thigh, chest and abdomen skinfold measurements, and for women you enter thigh, tricep and suprailiac measurements.

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

| Personal skinfold measurements |     |       |                  |                        |                     |
|--------------------------------|-----|-------|------------------|------------------------|---------------------|
|                                | Day | thigh | chest/<br>tricep | abdomen/<br>suprailiac | Notes               |
|                                | 1   | 3.    | 4.2              | 6.2                    | initial (24/7/2003) |
| *                              |     |       |                  |                        |                     |

Continue to record the skinfold measurements:

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

| Personal skinfold measurements |       |                  |                        |                       |
|--------------------------------|-------|------------------|------------------------|-----------------------|
| Day                            | thigh | chest/<br>tricep | abdomen/<br>suprailiac | Notes                 |
| ▶ 1                            | 3.    | 4.2              | 6.2                    | initial (24/7/2003)   |
| 2                              | 2.9   | 4.               | 6.                     | follow up (7/8/2003)  |
| 3                              | 2.85  | 4.1              | 5.95                   | follow up (21/8/2003) |
| 4                              | 2.8   | 4.               | 5.75                   | follow up (7.9.2003)  |
| *                              |       |                  |                        |                       |

## Charting your progress



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

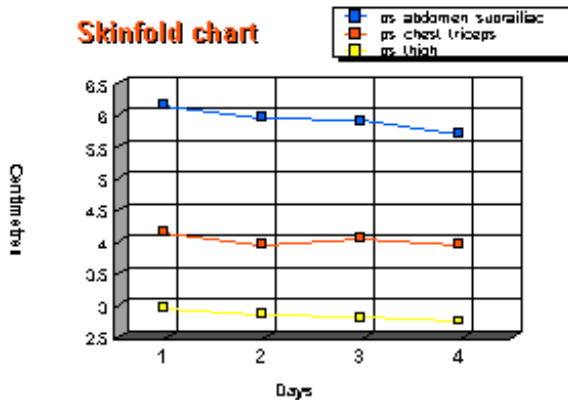
### Personal skinfold record and percentage fat calculation

Name: John Smith

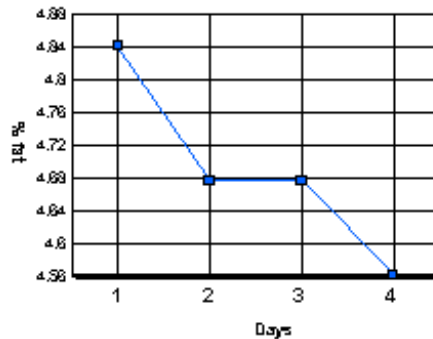
Age(yrs): 40 Sex: m



| Day | Thigh  | Chest  | Abdomen | Total   | % fat | Notes                 |
|-----|--------|--------|---------|---------|-------|-----------------------|
| 1   | 3.0 cm | 4.2 cm | 6.2 cm  | 13.4 cm | 4.8   | initial (24/7/2003)   |
| 2   | 2.9 cm | 4.0 cm | 6.0 cm  | 12.9 cm | 4.7   | follow up (7/8/2003)  |
| 3   | 2.9 cm | 4.1 cm | 6.0 cm  | 12.9 cm | 4.7   | follow up (21/8/2003) |
| 4   | 2.8 cm | 4.0 cm | 5.8 cm  | 12.6 cm | 4.6   | follow up (7.9.2003)  |

Skinfold chart



Calculated percent Body Fat



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 