



The Lean Body Promise

Success Tracking Chart

Week	Body Weight ¹ (lbs)	% Body Fat ²	Body Fat ³ (lbs)	Lean Weight ⁴ (lbs)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Example: ¹ Body Weight =200 lbs

² BF% = 25% (.25)

³ Pounds Body Fat = Body Weight x BF%
 = (200) X (.25)
 = **50 pounds fat**

⁴ Pounds Lean Weight = Body Weight – Pounds Body Fat
 = 200- 50
 = **150 Pounds Lean**

