Patient Log: Body Composition Progress Tracker

Use this tracker to log your weekly metrics. By keeping tabs on your body composition, you can ensure that your lifestyle shifts are targeting fat reduction while successfully preserving your hard-earned, metabolism-boosting muscle.

📋 Tracking Guidelines Reminder

1. **Consistency:** Complete your weigh-ins and waist measurements **once a week** (e.g., every Wednesday morning).
2. **The Conditions:** Step on the scale first thing in the morning, barefoot, after using the restroom but **before** eating or drinking anything.
3. **The Trends:** Focus on week-over-week averages rather than day-to-day fluctuations.

Your Weekly Metric Log

Date	Total Weight (lbs)	Body Fat (%)	Lean Mass (lbs / %)	Visceral Fat Rating	Waist Circumference (in)
Example	*180.2 lbs*	*28.4%*	*129.0 lbs*	*9*	*36.5 inches*

🎯 Understanding Your Progress

- **Muscle Success:** If your total weight stays completely the same but your body fat percentage decreases and lean mass increases, you are successfully experiencing **body recomposition**. This means you are adding muscle and losing fat simultaneously!
- **Visceral Fat & Waist Metric:** A shrinking waist circumference is an excellent indicator that your deep visceral fat (the metabolic risk fat wrapped around organs) is decreasing, dramatically boosting your overall health profile.

Need Support?
Bring this tracking sheet to your next follow-up appointment so we can review your data and adjust your personal metabolic plan together!

📧 **Contact Us:** Visit www.diabesitymd.co to schedule an appointment or reach out to the clinical team.

© 2026 **DiabesityMD**. All rights reserved.