

The
Syatt Fitness
Body Composition Tracking
Guidelines



With
Jordan Syatt

Daily Weigh-Ins



Starting TODAY, you *must* weigh yourself every single day and send me your weight every morning.

Specifically, every day after you use the bathroom (pee and/or poop) and before you eat/drink I want you to weigh yourself naked on the exact same scale.

Important Note: Daily weigh-ins will be used as a tool to see your overall progress. Your weight will NOT go down every single day so don't expect it to. In fact, *a weight loss of ONE POUND per week is PHENOMENAL!* Through tracking your overall weight trend we will grasp a better understanding of whether or not we need to make changes to your diet.

**The only days I do not want you weighing yourself are days following big social events (i.e. birthday parties, Christmas, etc) where you didn't keep track of calories and will definitely weigh more the next day.*

Bi-Monthly Body Measurements



Starting TODAY, you *must* take body measurements with a tape measurer every 2-weeks and e-mail me the results. Specifically, every 2-weeks I want you to measure the following 3 sites on your body:

1) Stomach

- a. As depicted in the picture to the right, using a tape measure, measure the distance all the way around your stomach. Make sure you measure the same place every time so use your belly button as a point of reference.



2) Quadriceps

- a. As depicted in the picture to the right, using a tape measure, measure the distance all the way around the largest part of your quad. Make sure you measure the same place every time.



Note: These are NOT my undies!

3) Glutes

- a. As depicted in the picture to the right, using a tape measure, measure the distance all the way around the largest part of your glutes. Make sure you measure the same place every time.





Monthly Picture Updates

Starting TODAY, you *must* take progress pictures at the beginning of every month and e-mail them to me. Specifically, every 4-weeks I want you to follow the instructions below and take progress pictures to send my way.

1. Stand against a bare wall wearing shorts (men) or a swimsuit (women) that do not cover your knees.
2. Set up your camera about 5-7 feet away so it can capture your whole body from head to toe. If you don't want your face in the picture simply cover it during the editing process.
3. Make sure the room is well lit. You may want to use the flash setting on the camera.
4. Take four full-body photographs: 1 of your Front, Back, Left Side, and Right Side

Please use the photos below as a guideline for your pictures

