



# Lean Gene Diet Progress Record

To keep track of your progress, record your results:

1. *Daily* weight: first thing in the morning, naked, preferably after your bowel movement.
2. *Weekly* measurements.
3. *Weekly* photographs: front view, back view, side view.
4. *Weekly* Bio-Impedance Analysis (BIA) results, if you have BIA scales. This is *optional*.
  - a. Under "Change:" place a tick in *either* the increase (↑☐) or the decrease box(↓☐).

**Week 1** From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Wt kg/lbs	Measurements (cm or inches)			BIA Results		
Start:	Body Part	Start	Wk1		Start	Wk1
Week 1	Neck:			Fat %:		
Day 1:	Bust, Chest at nipple:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
Day 2:	Abdomen at navel:			Muscle %:		
Day 3:	Hips:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
Day 4:	Left Upper Arm:			Water %:		
Day 5:	Right Upper Arm:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
Day 6:	Left Upper Leg:			Bone (kg/lb)		
Day 7:	Right Upper Leg:			Change:	↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	

**This week I gained ☐, or lost ☐:                      kg/lbs, and                      cm/inches**

**Week 2** From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Wt kg/lbs	Measurements (cm or inches)			BIA Results		
End Wk1:	Body Part	Wk1	Wk2		Wk1	Wk2
Week 1	Neck:			Fat %:		
	Bust, Chest at nipple:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
Day 1:						
Day 2:	Abdomen at navel:			Muscle %:		
Day 3:						
Day 4:	Hips:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
Day 5:						
Day 6:	Left Upper Arm:			Water %:		
Day 7:						
	Right Upper Arm:			Change:	%↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	
	Left Upper Leg:			Bone (kg/lb)		
	Right Upper Leg:			Change:	↑ <input type="checkbox"/> or ↓ <input type="checkbox"/>	

**This week I gained ☐, or lost ☐:                      kg/lbs, and                      cm/inches**





## Week 3

From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Wt kg/lbs	Measurements (cm or inches)	BIA Results			
End Wk2:	Body Part	Wk2	Wk3		Wk2 Wk3
<b>Week 1</b>	Neck:			<b>Fat %:</b>	
Day 1:	Bust, Chest at nipple:			<i>Change:</i>	%↑□ or ↓□
Day 2:	Abdomen at navel:			<b>Muscle %:</b>	
Day 3:	Hips:			<i>Change:</i>	%↑□ or ↓□
Day 4:	Left Upper Arm:			<b>Water %:</b>	
Day 5:	Right Upper Arm:			<i>Change:</i>	%↑□ or ↓□
Day 6:	Left Upper Leg:			<b>Bone (kg/lb)</b>	
Day 7:	Right Upper Leg:			<i>Change:</i>	↑□ or ↓□

This week I gained □, or lost □: kg/lbs, and cm/inches

## Weeks 4

From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Wt kg/lbs	Measurements (cm or inches)	BIA Results			
End Wk3:	Body Part	Wk3	Wk4		Wk3 Wk4
<b>Week 4</b>	Neck:			<b>Fat %:</b>	
Day 1:	Bust, Chest at nipple:			<i>Change:</i>	%↑□ or ↓□
Day 2:	Abdomen at navel:			<b>Muscle %:</b>	
Day 3:	Hips:			<i>Change:</i>	%↑□ or ↓□
Day 4:	Left Upper Arm:			<b>Water %:</b>	
Day 5:	Right Upper Arm:			<i>Change:</i>	%↑□ or ↓□
Day 6:	Left Upper Leg:			<b>Bone (kg/lb)</b>	
Day 7:	Right Upper Leg:			<i>Change:</i>	↑□ or ↓□

This week I gained □, or lost □: kg/lbs, and cm/inches

These 4 weeks I gained □, or lost □: kg/lbs, and cm/inches

These 4 weeks my body-fat decreased (desirable) □, or increased □ by: %

These 4 weeks my muscle increased (desirable) □, or decreased □ by: %

