

## Progress review

### What are you aiming for?

e.g.

- To become more active
- To become fitter
- Improved strength and flexibility
- Weight loss
- Reduction in body fat

If you have a goal it may help to be more specific eg a 5% loss in weight in 12 weeks or to be able to run 5K in 25 minutes. If you have a particular BMI level you want to aim for you could work out what weight this will mean for you. Discuss your aims with your buddy and share progress.

### Fitness test results

The fitness tests start part way through Term 1 to allow your body to adapt to exercise before pushing yourself.

Date								
Pull ups								
Sit ups								
Push ups								
Bleep test								
Timed run								

### Weight, BMI, Waist Circumference & Activity Levels

*Make sure you record your baseline figures*

Dates								
Weight								
Body mass index								
Waist circumference (if BMI>25)								
Hours per week of exercise								

The Department of Health recommended level of activity is at least 2.5 hours/ week with higher levels required if you need to control your weight (5+ hours/ week)

The easiest way to measure your waist circumference is to place the tape measure around your waist at belly button level.

As a rule for a man:

- If you have a waist measurement of 94 cm (37 inches) or above, the risk to your health is increased.
- If you have a waist measurement of 102 cm (40 inches) or above, the risk is even higher.

As a rule for a woman:

- If you have a waist measurement of 80 cm (31.5 inches) or above, the risk to your health is increased.
- If you have a waist measurement of 88 cm (35 inches) or above, the risk is even higher

### References

Online body mass index calculator: <http://patient.info/health/bmi-calculator>

Interpreting BMI and waist circumference measurement

<http://patient.info/health/obesity-and-overweight-in-adults>