

Welcome to the ThinQ Fitness High BMI kit which will help you monitor your progress.

It is important to recognise that you will have good days and bad days, but that by recording them you will learn about your own patterns of behaviour whilst you get fit. The following diary has been designed to help you monitor your fitness and weight loss progress.

Please also think through the medical screening section to identify if you are a person at potential risk before you start any exercise. These few seconds are incredibly important to you and to us:

Medical Screening Questionnaire

	Yes/No
1. History of heart problems, chest pains or stroke?	
2. Increased blood pressure?	
3. Any chronic illness or condition?	
4. Recent surgery (12 months)?	
5. Advice from physician not to exercise?	
6. Difficulty with physical exercise?	
7. Recurrent dizziness or fainting spells?	
8. History of breathing or lung problems?	
9. Asthma?	
10. Pregnancy (now or within last three months)?	
11. Cigarette smoker?	
12. Increased cholesterol?	
13. A history of heart problems in the immediate family?	
14. Hernia or any other condition that may be aggravated by lifting weights?	
15. Epilepsy?	
16. Muscle, joint or back disorder, or any previous injury still affecting you?	
17. Are you currently taking any medication?	
18. Diabetes or thyroid condition?	

If you have answered yes to any of these questions please ensure that you check with your GP prior to commencing to ensure that this is the right course of action for you.

Now, before we start it is important that we get some initial information together. So we need the following things:

1. A tape measure
2. A reliable set of scales
3. A pen

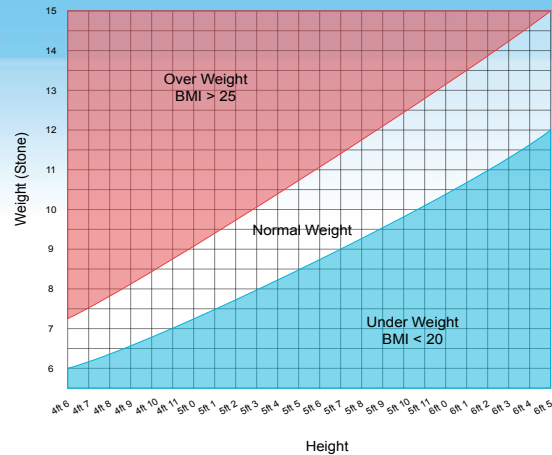
Step One: Body Mass Index

Fill in your height and weight below.

Height:

Weight:

Now plot these on the graph opposite. This gives you an estimate of what your Body Mass Index is. This is a guide only but is a good starting point for most people. Slim women tend to be towards the lower end of the healthy weight range, whilst slim men will be at the top end of the healthy weight range.



My BMI:

My Target BMI:

This gives you an idea of where your weight should be in relation to your height. So let's now write down what weight loss/gain you need to achieve to be in your target area.

Target weight loss/gain:

Step Two: Percentage Of Body Fat

Now in real terms you could be 12 stone of rippling muscle or 12 stone of wobbly bits so how does that work out? Well, there are devices which actually measure how much of your body is muscle, how much is water and how much is fat. This measurement is known as your Body Fat Percentage. Some of you may have scales which tell you this information, but don't worry if you don't, if you can pinch more than a couple of inches around your middle then chances are your body fat % may be slightly high. If you have access to scales then record your reading, otherwise mark yourself down as one finger healthy, two fingers overfat, three fingers more than overfat. For a woman a healthy range is 25-30%, for a man 15-20%, or just over the width of a finger.

My Body Fat %:

My Target Body Fat %:

Step Three: My Measurements

Now fill in the following measurements below left and on the right hand side fill in the measurements you would like.

Chest Measurement:

Target Chest:

Waist Measurement:

Target Waist:

Hip Measurement:

Target Hips:

Step Four: My Fitness

Ok, the acid test. Which level are you?

Level	Fitness Table:	Class Level:
1	You get out of breath going upstairs, you never exercise, you do walk a bit but you tire quickly, you have a sedentary job.	Beg
2	You do a class a week, a large weekly shop, nip up and down stairs but would tire quickly jogging down the road.	Beg-Int
3	You have an active job, lots of errands, gardening, shopping, you may do a couple of classes a week, you can jog a fair way and if need be you could run fast for a short period of time	Int
4	You play a sport regularly, you are into fitness and diet, and you could run a long distance.	Adv

Fill in your level below and your target level on the right hand side:

Fitness Level: _____ Target Fitness Level: _____

It would be great for you to be around a Level 3-4, for more information on this please view our fact sheet [Why Combine Diet and Exercise?](#) This beginner level article introduces you to why different types of exercise are important to the body as well as diet content and calorie intake. Also, please click and read [Boost Your Exercise Motivation](#) and [How To Choose An Instructor](#), both articles will help you to get and stay motivated.

Step Five: My Goals

Ok, all the above info can now become part of your goal setting plan. Goals need to be realistic to be achievable, but you knew that right?

They also need to be broken down into manageable chunks, so in goal one, write what would be the first major milestone on this journey which would really make you very pleased. In the second goal column do the same and in the third the final goal. This will help you to keep your mind focused on your immediate goal without losing sight of your overall goal.

Goal One:.....

Goal Two:.....

Goal Three:.....

For tips on Goal Setting for the New Year please read [2009-Make It Your Best Year Yet.](#)

ThinQ Fitness High BMI

Date:

Week	Week	Week	Week
------	------	------	------

Body Matters

Weight				
BMI				
Body Fat % (Fingers)				
Chest cm				
Waist cm				
Hips cm				

Fitness Matters

Fitness Level (1-4) Class Level Beg/Int/ Adv				
--	--	--	--	--

Fitness Diary (What You Did And How Hard It Was)

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

ThinQ Fitness High BMI

Fitness

ThinQ

Date:

Week 1	Week 2	Week 3	Week 4
--------	--------	--------	--------

Body Matters

Weight	12st 6lbs	12st 4 lbs	12st 2lbs	12st
BMI	25+	25+	25+	25+
Body Fat % (Fingers)	5 fingers	5 fingers	5 fingers	4 $\frac{1}{2}$ fingers
Chest cm	101cm	101cm	100cm	99cm
Waist cm	95cm	95cm	94cm	93cm
Hips cm	118cm	118cm	117cm	116cm

Fitness Matters

Fitness Level (1-4) Class Level Beg/Int/ Adv	1 Beg	1 Beg	1 Beg	2 Beg
--	----------	----------	----------	----------

Fitness Diary (What You Did And How Hard It Was)

Monday	LTB, most of class, tough	Walked briskly to shops. Did Abs	Did a Step and Tone aimed at Int level. Tough but loved it. Kept pace low.	Did Step and Tone all the way through !!
Tuesday	Ached a bit. Shopped and cleaned.	Started taking my own lunch to work		
Wednesday	Did LTB again, all of it!			
Thursday	Felt tired, but walked to shops. Carried two heavy bags, pulled in tummy and kept straight back.			
Friday	Tried toning. This was fun and absorbing. Did 45 min			
Saturday	Went swimming with friend. Ate crisps. Note: take bananas next time			
Sunday	Rested. Feel good about week. Not so much processed food.			