

Initial Stats

Height _____

Weight _____

Age _____

Gender _____

Fat % _____

| FEMALE | | | | |
|--------|-----------|--------|--------|--------|
| Age | Excellent | Good | Fair | Poor |
| 19-24 | 18.9 % | 22.1 % | 25.0 % | 29.6 % |
| 25-29 | 18.9 % | 22.0 % | 25.4 % | 29.8 % |
| 30-34 | 19.7 % | 22.7 % | 26.4 % | 30.5 % |
| 35-39 | 21.0 % | 24.0 % | 27.7 % | 31.5 % |
| 40-44 | 22.6 % | 25.6 % | 29.3 % | 32.8 % |
| 45-49 | 24.3 % | 27.3 % | 30.9 % | 34.1 % |
| 50-54 | 26.6 % | 29.7 % | 33.1 % | 36.2 % |
| 55-59 | 27.4 % | 30.7 % | 34.0 % | 37.3 % |
| 60+ | 27.6 % | 31.0 % | 34.4 % | 38.0 % |

| MALE | | | | |
|-------|-----------|--------|--------|--------|
| Age | Excellent | Good | Fair | Poor |
| 19-24 | 10.8 % | 14.9 % | 19.0 % | 23.3 % |
| 25-29 | 12.8 % | 16.5 % | 20.3 % | 24.4 % |
| 30-34 | 14.5 % | 18.0 % | 21.5 % | 25.2 % |
| 35-39 | 16.1 % | 19.4 % | 22.6 % | 26.1 % |
| 40-44 | 17.5 % | 20.5 % | 23.6 % | 26.9 % |
| 45-49 | 18.6 % | 21.5 % | 24.5 % | 27.6 % |
| 50-54 | 19.8 % | 22.7 % | 25.6 % | 28.7 % |
| 55-59 | 20.2 % | 23.2 % | 26.2 % | 29.3 % |
| 60+ | 20.3 % | 23.5 % | 26.7 % | 29.8 % |

Excellent-Healthy and Fit
 Good-Acceptable
 Fair-Slightly overweight
 Poor-Overweight and at risk

Name _____

Date _____

Lbs of Fat (% x Wt) _____

Lbs of Muscle (Wt - Lbs Fat) _____

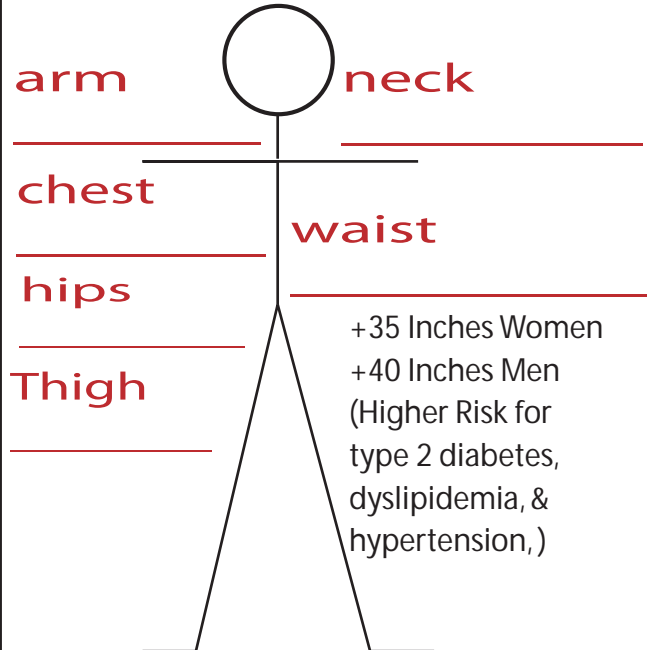
Desired Fat % (from chart) _____

Desired Weight _____

(Des Ft % x Wt + Lbs Muscle)

You Can Do It!
 We Will Help You!

Measurements, if desired



Body Fat Calculation and Health

The higher your percentage of fat above average levels, the higher your health risk for weight-related illness, like heart disease, high blood pressure, gallstones, type 2 diabetes, osteoarthritis, and certain cancers.

Basic Nutrition for Boot Campers

Food = Energy

A workout with Boot Camp Las Vegas can potentially burn 500-900 (maybe more!) calories an hour depending on your gender, body type, how hard you work out, and what groups of muscles you are targeting that day. Typically to lose weight the goal is to maintain a deficit of about 500 calories. For example if you burn 2,500 calories a day you would only eat 2,000 calories.

On days that you go to Boot Camp you should be consuming more food to keep your metabolism and energy level up. If you do eat too little, especially when you are working out, your body will try to preserve as much energy (i.e. calories) as it can because it isn't certain when or how much food it will get next. This prevents you from pushing harder, you run out of energy much faster, and your recovery times between exercises are slower; you can't get a very good workout this way and therefore you aren't burning many calories! A great pre-workout snack is a banana with 2 teaspoons of peanut butter (complex carbohydrates with protein). And don't forget to pre-hydrate!

Breakfast

You have probably heard all your life breakfast is the most important meal of the day. Aptly named, it implies that you are "breaking the fast" because depending how long you sleep you haven't eaten in 13 hours or so. If, after 13 hours all you give your body to live, work, and think on is a cup of coffee it will start preserving its energy instead of readily spending it. So I recommend you eat at least 500-600 calories at breakfast. A few healthy options are:

- 2 eggs, fresh or frozen spinach, and 1 oz cheese on a Whole Wheat tortilla and a cup of yogurt with fresh fruit. ~ 565 cal ~ 7 g fiber

- 1/2 cup of Steel Cut Oats made with 1 cup skim milk, a banana, and 1 Tbsp brown sugar, and an apple with 1 Tbsp Peanut or Almond butter. ~ 560 cal ~ 12 g fiber

- 2 pieces of 100% Whole Wheat toast with 2 Tbsp of Peanut or Almond butter with 1 tbsp jelly and an orange. ~ 550 calories ~ 11 grams fiber

There are lots of different options for breakfast but always eat whole grains and lots of fiber.

Fiber

By eating a diet high in fiber sugar will slowly enter your blood stream to give you longer lasting energy. Fiber is a mostly indigestible part of food that helps "move things along" in your digestive tract; it helps your heart and keeps you feeling sated for longer. Ideally an adult should eat 26-35 grams of fiber a day. Fruits and vegetables have lots of fiber and few calories you should eat as many as you can, at LEAST one serving of them per meal preferably two or more! A another good way to achieve your fiber goal is change any grains (bread, rice, pasta, cereal) that you regularly have in your diet into whole grains.

-Brown rice has more fiber and nutrients than white rice, the same with whole wheat pasta vs. regular pasta.

-Buy cereal with 6 grams of fiber or more per serving and always buy bread that says 100% Whole Wheat on the package.

Once you make the switch you won't have the bloated, full feeling you get from eating other white breads and pastas.

Lunch and Dinner

For lunch and dinner have a mix of protein, fat and carbs and lots of vegetables.

Protein: Chicken breasts or thighs, turkey, fish, even lower fat cuts of red meat or hamburger are fine just remember a serving is about the size of the palm of your hand. Turkey bacon or turkey sausage are really great for breakfast as well.

Fat: Nuts and avocados may be somewhat high in calories but they have heart-healthy fats and are nutrient dense! A whole avocado is around 300 calories and you can have a handful of walnuts for about 200 calories. Oil will help you absorb the vitamins from the leafy greens in your salads, try using a tsp of extra virgin olive oil and balsamic vinegar on your salad next time! Most protein based food like meat will provide you with a sufficient amount of fat.

Carbohydrates: Besides whole wheat pasta and brown rice there are some awesome grains that are easy to use, amaranth, quinoa and bulgur wheat are among them! You can use quinoa to substitute rice in any dish, and it doesn't take as long. Sweet potatoes, beans, and lentils are also ideal sources of carbs with fiber!

Vegetables and fruit: If you eat a variety of both your palate won't get bored and your body will receive an amazing array of vitamins, minerals, antioxidants, and phytochemicals!

The standard broccoli and carrots are great but you can also think outside the box with arugula, brussel sprouts, artichoke, butternut squash, and leeks; the more color the better. Because of their flavor and texture fresh fruits and vegetables are more appetizing, but frozen will do just fine!

Water

With the intense workouts that Boot Camp offers it is also important to drink enough water.

Dehydration will slow your metabolism down substantially, negatively affect your performance, and make you feel weak or dizzy. Every day you should drink a minimum of 2 liters, the days you work out try to add another liter. Remember that anytime you physically feel thirsty you are already semi-dehydrated. Hydrating before Boot Camp is key.

Weight Loss

Don't be discouraged if you aren't losing weight as fast as you'd like. When you are working out with Boot Camp Las Vegas you are replacing fat with muscle tissue which is smaller, denser and heavier in comparison to the same volume of fat tissue! Many times you are losing inches on your waist, thighs and hips rather than actual pounds. That way your jeans fit better even if the scale doesn't say so. Poor sleep patterns, high stress, smoking and eating too many processed foods can greatly disturb your hormone balance which may slow your weight loss. Each metabolism is different but if you are burning more calories than you consume you will lose weight. After a while if you do plateau look closely at what you've been eating and eliminate foods that are not beneficial, try going to Boot Camp more days a week or even going to two Boot Camps in a day.

D. Johnston

**Not for diabetics or those with food allergies.*