

HERITAGE HAVENS

NUTRITION &amp; PEPTIDE WELLNESS COHORT

# *Body Composition Tracking Sheet*

Your complete measurement log for tracking real change beyond the scale

Nutrition & Peptide Wellness Cohort · Month 5

The scale measures one thing: total mass. It does not tell you whether you lost fat or muscle, whether you're retaining water, or whether your body is actually transforming. This tracking sheet captures the full picture.

**Rule: Never assess progress by scale weight alone. Measure once per week at the same time (morning, after bathroom, before eating). Use the full panel below monthly.**

## MEASUREMENT GUIDE

## How to Measure Each Body Part

Measurement	Landmark	How to Measure	Best Time
Weight	N/A	Same scale, same time, same clothes (or none)	Morning, after bathroom, before eating
Waist	Narrowest point of torso	Tape level, not pulled tight, relaxed exhale	Morning
Hips	Widest point of glutes	Stand feet together, tape level around widest point	Morning
Right Arm	Mid-bicep, arm relaxed	Measure same point each time — mark with pen if needed	Morning, arm relaxed at side
Left Arm	Mid-bicep, arm relaxed	Measure same point each time	Morning
Right Thigh	Mid-thigh (midpoint femur)	Standing, measure same distance from knee each time	Morning
Left Thigh	Mid-thigh	Standing	Morning
Chest	Across nipple line	Arms relaxed at sides, tape level	Morning
Waist:Hip Ratio	Calculated	Waist ÷ Hips	Healthy: < 0.80 for women

## MONTHLY MEASUREMENT LOG

## 6-Month Body Composition Record

Measurement	Month 1 Baseline	Month 2	Month 3	Month 4	Month 5	Month 6 Outcome
Scale Weight (lbs)						
Waist (inches)						
Hips (inches)						
Waist:Hip Ratio						
Right Arm (inches)						

Measurement	Month 1 Baseline	Month 2	Month 3	Month 4	Month 5	Month 6 Outcome
Left Arm (inches)						
Right Thigh (inches)						
Left Thigh (inches)						
Chest (inches)						
Body Fat % (if tested)						
Lean Mass lbs (if tested)						
Resting Heart Rate (bpm)						
Blood Pressure						
Daily Steps (avg)						
Sleep Score (avg, 1–10)						
Energy Level (avg, 1–10)						
Strength Benchmark (eg. squat lbs)						
Notes / Protocol Changes						

WEEKLY CHECK-IN

## Weekly Weight & Energy Log

Weigh daily (optional) or 3x per week to understand your trend. One number means nothing — the 4-week trend tells the story.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg Weight	Energy (1–10)	Notes
Week 1										

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg Weight	Energy (1-10)	Notes
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										

## PROGRESS PHOTOS

# Photo Protocol

Progress photos capture changes that measurements miss — posture, muscle definition, fat distribution. Follow this protocol to make them actually useful:

### Photo Protocol

- Same time of day for every photo — morning, before eating, after bathroom

- Same location with consistent lighting — natural light, same spot in your home
- Same clothing every time — fitted or minimal for accurate visual comparison
- 3 angles: front, side (left), back — all three matter
- Do NOT edit, filter, or adjust the photos — they are a clinical record, not social media content
- Store privately; compare only Month 1 vs Month 3 vs Month 6 — not week to week

## INTERPRETING PROGRESS

### *How to Read Your Data*

Pattern	What It Means	What to Do
Scale flat, measurements decreasing	Active recomposition — losing fat, gaining muscle	Stay the course — this is the goal
Scale down, measurements down proportionally	True weight loss — fat + some lean mass	Increase protein; add resistance training
Scale down, waist up or unchanged	Muscle loss > fat loss	Critical: increase protein immediately; add resistance training
Scale flat, measurements flat, energy low	Under-eating or under-recovering	Increase calories by 100–200; prioritize sleep
Scale up, measurements down	Muscle gain > fat loss; or scale misleading due to inflammation	Trust measurements over scale; this is excellent progress
All measurements trending down slowly	Sustained recomposition in progress	Patience and consistency — 3 months is the minimum to see full picture

#### Month 5 Action Step

- Complete your baseline measurement session this week — all measurements, weight, and photos
- Calculate your starting waist:hip ratio (waist ÷ hips) — target < 0.80
- Set up your tracking log and commit to monthly measurements and weekly weigh-ins
- Share your baseline measurements and 8-week goal at Session 6