

## How to calculate Body Fat Percentage

There are four main methods that you can use, each with varying levels of accuracy and cost:

**1) Take A Look In The Mirror.** Love it because it's easy and free. Compare yourself to the photos above and you probably already have a pretty good idea of where you are.

**2) Body Fat Calipers** - Pick up a set of calipers for \$10-\$12. Have a friend or family member pull the fat away from your muscles in these 3 areas:

\* tricep (back of arm half way between your shoulder and elbow)

\* thigh (halfway between your knee and hip)

\* suprailiac (directly under your right shoulder blade)

Pinch these areas with the caliper, take the measurements, and input into [this chart](#) .

Everyone pinches differently, so try to have the same person do the pinching each time you measure.

**3) InBody Body Composition Analysis** - This is what we use in our gym in Indianapolis. We love it because it's accurate, non invasive, quick and relatively inexpensive (normally \$25 at F3, but free to you as Fast Forward to Fit participant)).

It's important that you do the testing before working out and you can't eat or drink 2 hours prior to testing (small sacrifice).

Inbody has recently released an in-home scale that you can purchase from [Amazon](#) .

**4) Bod Pod** - this provides an accurate body fat percentage, but is a little more costly (\$125 on average) and more time consuming than an Inbody test.

Whatever method you chose to measure your BFP, stick with it over the course of the program and try to take the measurement under the same conditions each time you measure.

Use this information when you fill out the goal setting portion of your Getting to Know You form. Keep in mind that a 3-5 percent change in BFP over the course of 30 days is doable if you stick to the program. **YOU CAN DO IT!**