



METABOLISM-U PERFORMANCE BLUEPRINT SERIES #10

Objective Methods for Tracking Body Composition & Performance

1 Why Tracking Matters



- Confirms fat loss vs muscle gain
- Prevents scale-driven frustration
- Identifies plateaus early
- Reinforces consistency

2 The Scale (Body Weight)



Best Use:

- Daily, same time (morning, fasted)

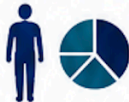
Influenced By:

- Hydration
- Sodium
- Glycogen
- Waste products (GI contents)

Key Rule:

Use weekly averages, not daily swings

3 Body Composition Methods



Best Use:

- Most tools: every 4–8 weeks
- DEXA scan: at least 3+ months apart

Common Tools – Pros & Cons



DEXA Scan

Pros

- ✓ Highly accurate
- ✓ Measures fat, muscle and bone density
- ✓ Regional body composition (arms, legs, trunk)

Cons

- ✗ Expensive
- ✗ Limited access
- ✗ Small variability between scans

InBody (BIA)



Pros

- ✓ Quick & convenient
- ✓ Widely available (gyms, clinics)
- ✓ Good for tracking trends

Cons

- ✗ Strongly affected by hydration
- ✗ Less accurate than DEXA
- ✗ Day-to-day variability

Skinfold Calipers



Pros

- ✓ Low cost
- ✓ Portable
- ✓ Useful when done consistently by same person

Cons

- ✗ Technique dependent
- ✗ Less accurate in higher body fat ranges
- ✗ Requires training for reliability

Progress Photos



Standard Conditions:

- Same lighting
- Same time of day (AM, fasted)
- Front, side, back
- Same pose & distance
- Minimal, consistent clothing

Pros

- ✓ Visually captures real body changes
- ✓ Often shows progress before scale changes
- ✓ Free and easy to perform
- ✓ Excellent for long-term comparison

Cons

- ✗ Easily distorted by lighting and angles
- ✗ Subjective interpretation
- ✗ Requires strict consistency to be useful



Key Insight:

Trend over time > single measurement

4 Body Measurements



- Waist (most important)
- Hips, chest, arms, thighs

→ Waist ↓ = fat loss

→ Limbs ↑ = muscle gain

5 Performance & Strength



- Weights lifted
- Reps / sets
- Endurance

→ Strength ↑ = muscle preserved/gained

6 Cardiopulmonary Fitness



- Resting heart rate
- Heart rate recovery
- VO₂ max
- Zone 2 capacity

7 Subjective Markers



- Energy
- Sleep
- Mood
- Recovery

8 Common Mistakes



- Only using the scale
- Inconsistent conditions
- Ignoring performance
- Measuring too often

9 Simple Tracking System



Weekly

- Weight avg
- Strength
- Energy / sleep

Biweekly

- Body measurements

Monthly

- Progress photos
- Body composition (most tools)

Note: DEXA scan at least every 3+ months.

10 Safety



- Consult your healthcare provider
- Consider professional (trainer) guidance
- Stop if symptoms occur (chest pain, dizziness, etc.)



You can't improve what you don't track—data turns effort into results.

