

Worksheet for Women to Calculate Lean Body Mass

Hip measurement (inches) _____ Constant A _____ (see chart on back)
(measure 3 times and use the average)

Abdomen measurement (inches) _____ Constant B _____ (see chart on back)
(measure abdomen at belly button, not at the narrowest point)

Add Constant A + Constant B _____

Height in inches _____ Constant C _____ (see chart on back)
(measure height without shoes)

Subtract Constant C from Constant A+B _____ % body fat

Ideal young woman body fat 22%
Average American woman body fat 32%
Ideal post-menopausal woman body fat 25%

Your weight multiplied by % body fat = total weight of your body fat

_____ lbs. x 0. _____ = _____ lbs. body fat

Your weight minus your body fat weight = your lean body mass

_____ lbs. - _____ lbs. = _____ lbs. lean body mass

Your lean body mass multiplied by your Activity Factor = total grams
of protein you should eat per day

_____ lbs. x _____ = _____ grams of protein

Divide the total grams of protein into 3 meals and 2 or 3 snacks per day.

For example, if you should eat 77 grams of protein per day,

divide it into 3 meals with 21 grams protein and 2 snacks with 7 grams protein.

Or if you should eat 55 grams of protein per day,

divide it into 3 meals with 15 grams protein and 2 snacks with 5 grams protein.

Once you've calculated your protein requirements, figure out the fat and carb portions

to give you the 40-30-30 calorie ratio (carb-protein-fat calories)

or the 1-2-3 ratio of grams (fat-protein-carb grams) for every meal and snack.

see the back side of this sheet for Activity Factors and Constant A, Constant B, Constant C Tables