

Monitoring Your Weight Loss Progress Progress: Don't Guess– Measure!

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**By Anthony Ellis**

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Any weight loss or fitness program is incomplete without the timely measurements to monitor Your Progress. The only way to know if your health and fitness program is successful is by monitoring your measurements, weight and body fat levels on a consistent basis.

Depending on the program, I recommend that everyone take their body fat levels every 1–2 weeks. Over time, this will give you a clear picture of how your body is changing.

Unfortunately, in the past, calculating your body fat was a time–consuming endeavor. Most people would simply avoid it simply because of the math involved. I mean, who wants to spend their free time working with complex formulas and equations? I hated it!

This is why I created the Composition Tracker body fat analysis software at <http://www.comptracker.com>

The software was created out of my need for a quick easy way to apply and analyze different body fat formulas. It combines the most popular composition calculations along with easy to understand instructions.

With the Composition Tracker, I am now able to measure, track and analyze the composition changes for an unlimited number of friends and family. The software also provides calculation for more than 20 popular composition formulas.

The interface is easy to understand and use. Many users have been able to start using the software withing 10 minutes after installation.

Now that I am able to easily analyze my body composition like a professional, I've begun to notice things I had not seen before. There's a lot that these readings reveal to a trained eye!

FOR EXAMPLE

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I was recently on a fat loss diet, and I did not lose any weight for three weeks. At first I thought that I needed to drop my calories further because the current levels were not working for me. I did not want to do this because for me, dropping my calories too low can result in too much muscle loss. So, before I committed to a more drastic diet, I checked my body fat records using the Composition Tracker.

Was I in for a shock! According to my body fat calculations I was actually getting leaner. Even though my weight did not change during that three–week period, my body fat levels went down 3%! The easy to read chart showed that my fat was going down and my muscle was increasing!

Since I did not lose any weight during that time, the fat must have been replaced by muscle (an added benefit, but this does not happen most of the time). I would have never known this by simply looking in

the mirror or fumbling with some complex equation.

### ONE MORE EXAMPLE

Another example is last year when I was on a muscle building program. I was eating a tremendous amount of calories and gaining weight like crazy. I stopped the diet once I began to notice that my fat gains were larger than my muscle gains. I would never have noticed this if I had not closely monitored my body fat levels using the software. I expect to gain some fat on a mass diet, but I always want to gain more muscle than fat. If I had not kept track of my body fat levels, I would have gained too much fat.

### IT DOESN'T GET MUCH EASIER!

If you want to start getting great results, you must develop the habit of accurately tracking your progress. If you don't, you will continue to go in circles. The Composition Tracker software was designed to help you do exactly that! **KEEP YOU ON TRACK!** You instantly know if your fitness program is working, or not!

To take a free test drive of the Composition Tracker, please go to <http://www.comptracker.com> and click on the **FREE TRIAL** button. Once you use it, I know that you will wonder, "how did I go so long without it!"

Fitness Consultant Anthony Ellis has helped thousands of individuals lose fat and build more muscle. To read more about his fat loss recommendations please check out his site at <http://www.fatlosstips.com>

### **Weight Loss Advice**

**By Amber Snyder**

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### Weight Loss Advice

The concept of weight management program is a high protein, low carbohydrate diet. Carbohydrates are used as fuel for our body and they are stored as fat. Therefore, if you don't supply carbs to the body, then you in fact turn your body into a "furnace" that uses its own stored fat as energy, and thereby reduces pounds and inches effortlessly. So make sure to measure yourself all over to watch your progress as you "melt" away.

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Amber Snyder is the author of Total Health at Home, helping achieve their health goals and manage their weight. free Consultations and advice. Visit <http://www.totalhealth.homestead.com> or <mailto:totalhealth@owningabusiness.net>



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