Body Fat USA
Your Body, Your Data, Your Results
a body fat testing facility and more

BEYOND THE SCALE.

Your 2027 Health, Fitness & Body Composition Planner

December 2026 - December 2027

MEASURE. PLAN. ACT. REASSESS.

BODYFATUSA.COM

Welcome to Beyond the Scale

A personal planning system, presented by Body Fat USA.

Your body, your data, your results

Your weight tells you how much you weigh. It does not tell the whole story. Understanding your starting point is only the beginning. Meaningful progress comes from purposeful goals, consistent action, evaluating results and adjusting along the way.

Your goals are yours to define

Whether you want to reduce fat mass, build strength, preserve lean mass, improve physical capabilities or establish healthier habits, this planner helps you create your own path. There are no prescribed diets, mandatory workouts or universal body composition targets.

Care for yourself throughout life

Your body is not a project to be completed. It is something to care for throughout your life. This is an educational resource, not medical, nutrition or exercise advice. Seek qualified guidance when appropriate. Testing is optional.

Start wherever you are

Download and save a local copy before entering personal information.

Measure

Record your starting point using available measurements and personal observations. You can start in any month.

Plan

Choose up to three priorities and define success. Select behaviors you can control and a minimum for difficult weeks.

Act

Use the weekly scorecard. Allow one or two minutes daily and five to ten minutes weekly.

Reassess

Review monthly and quarterly. Reset, do not restart. Use a compatible PDF reader for fields and checkboxes, or annotate with a tablet app. Print selected pages if desired. Save regularly; keep your personal data private.

Your year at a glance

Select a month to jump to its calendar.

January Q1	**February** Q1	**March** Q1
April Q2	**May** Q2	**June** Q2
July Q3	**August** Q3	**September** Q3
October Q4	**November** Q4	**December** Q4

December 2026 | Prepare

January is for execution. December is for preparation.

December 1-7 | Reflect

Review accomplishments, setbacks and lessons from 2026.

December 8-14 | Measure

Record a baseline and assess current habits. Use available data; testing is optional.

December 15-21 | Envision

Define what matters, your personal why and your annual goals.

December 22-31 | Prepare

Choose Q1 priorities, weekly behaviors and contingency plans. These windows are suggestions, not deadlines.

2026 retrospective

Learn from your experience without judgment.

What am I proud of?

What worked well?

What repeatedly got in my way?

What will I do differently?

What am I unwilling to sacrifice?

My starting point

Record observations and available measurements.

Baseline date and testing conditions

Total mass / fat mass / lean mass (lb)

Tissue fat (%) / RSMI (kg/m2) / measured RMR (cal/day), if available

Current physical capabilities and energy

What would I most like to improve?

My personal WHY

Connect your goals to your life.

What do I want to accomplish?

Why does it matter?

What would it allow me to do?

Who or what supports me?

What will I remember when motivation fades?

Four pillars of wellness

Consider these areas; none is a mandatory goal.

Movement

Strength, endurance, mobility and daily physical activity.

Nutrition

Eating habits, hydration and fueling. Choose goals appropriate to your needs, with professional guidance when needed.

Recovery

Sleep, rest and stress management.

Mindset

Self-awareness, resilience, motivation and well-being.

Plan for imperfect weeks

Decide how you will respond before obstacles arise.

My ideal week of habits

My minimum successful week

If my schedule changes, then I will...

If I travel or face a setback, then I will...

Who can support me?

My 2027 vision

Imagine December 31, 2027.

How do I want to feel?

What do I want to be capable of doing?

What habits do I want to establish?

What matters most beyond the scale?

My annual goals

Choose outcomes meaningful to you; define your own targets.

Body composition goal and starting point (optional)

Fitness or performance goal

Well-being or lifestyle goal

How will I measure progress?

What behaviors will support these outcomes?

Q1 | Establish

Choose up to three 90-day priorities. One is enough.

Priority 1 and definition of success

Priority 2 and definition of success

Priority 3 and definition of success

Monthly milestones and support

My quarterly habits

Select controllable behaviors and realistic weekly goals.

Habit and weekly goal

Habit and weekly goal

Habit and weekly goal

Minimum successful week

How I will hold myself accountable

January 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

My focus for this month

Weight loss vs. fat loss

Monthly education | Beyond the Scale

Understand the concept

Total mass includes fat, lean soft tissue and bone mineral content. A stable weight can coexist with changing composition.

Put it in perspective

Example: 180 lb with 50 lb fat, 123 lb lean and 7 lb bone mineral content becomes 180 lb with 40 lb fat, 133 lb lean and 7 lb bone mineral content. Tissue fat changes from 28.9% to 23.1%. This is illustrative, not a target.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

January 01 - January 03, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		-	-	-	-				
		-	-	-	-				
		-	-	-	-				
		-	-	-	-				
		-	-	-	-				
		-	-	-	-				

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

January 04 - January 10, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

January 11 - January 17, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

January 18 - January 24, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

January 25 - January 31, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

January reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

February 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

My focus for this month

Understanding your DEXA report

Monthly education | Beyond the Scale

Understand the concept

DEXA estimates fat mass, lean soft tissue and bone mineral content. Lean mass is not synonymous with skeletal muscle.

Put it in perspective

Compare like metrics and similar testing conditions. Tissue fat excludes bone mineral content from its denominator; total mass fat percentage does not.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

February 01 - February 07, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

February 08 - February 14, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

February 15 - February 21, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

February 22 - February 28, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

February reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

March 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

My focus for this month

Why lean mass matters

Monthly education | Beyond the Scale

Understand the concept

Lean soft tissue includes muscle, organs and fluids. Maintaining physical capability can be a meaningful goal independent of weight.

Put it in perspective

Track strength or function alongside composition. Changes in hydration can affect lean mass readings.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

March 01 - March 07, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

March 08 - March 14, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

March 15 - March 21, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

March 22 - March 28, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

March 29 - April 04, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

March reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

Reset, do not restart

Q1 review | A new quarter is an opportunity to learn and adjust.

Which priorities did I achieve?

What do my measurements and observations tell me?

What should I keep doing?

What should I change or stop?

What is my next 90-day focus?

Q2 | Build

Choose up to three 90-day priorities. One is enough.

Priority 1 and definition of success

Priority 2 and definition of success

Priority 3 and definition of success

Monthly milestones and support

My quarterly habits

Select controllable behaviors and realistic weekly goals.

Habit and weekly goal

Habit and weekly goal

Habit and weekly goal

Minimum successful week

How I will hold myself accountable

April 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

My focus for this month

Understanding resting metabolic rate

Monthly education | Beyond the Scale

Understand the concept

RMR is energy expenditure at rest. A separately measured RMR differs from an equation-based estimate.

Put it in perspective

RMR is not total daily energy expenditure and does not by itself prescribe a calorie target or identify the fuel mix.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

April 05 - April 11, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

April 12 - April 18, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

April 19 - April 25, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

April 26 - May 02, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

April reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

May 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

My focus for this month

Body recomposition

Monthly education | Beyond the Scale

Understand the concept

Body recomposition refers to changes in fat and lean mass. It can occur even when total mass changes little.

Put it in perspective

Choose a realistic goal and compare trends rather than judging a single measurement.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

May 03 - May 09, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

May 10 - May 16, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

May 17 - May 23, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

May 24 - May 30, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

May 31 - June 06, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

May reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

June 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

My focus for this month

Progress is not linear

Monthly education | Beyond the Scale

Understand the concept

Daily life, recovery and measurement variability can obscure changes. A plateau is information, not a verdict.

Put it in perspective

Review behaviors and conditions before changing your approach. Seek qualified guidance if needed.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

June 07 - June 13, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

June 14 - June 20, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

June 21 - June 27, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

June 28 - July 04, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

June reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

Reset, do not restart

Q2 review | A new quarter is an opportunity to learn and adjust.

Which priorities did I achieve?

What do my measurements and observations tell me?

What should I keep doing?

What should I change or stop?

What is my next 90-day focus?

Q3 | Refine

Choose up to three 90-day priorities. One is enough.

Priority 1 and definition of success

Priority 2 and definition of success

Priority 3 and definition of success

Monthly milestones and support

My quarterly habits

Select controllable behaviors and realistic weekly goals.

Habit and weekly goal

Habit and weekly goal

Habit and weekly goal

Minimum successful week

How I will hold myself accountable

July 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

My focus for this month

Regional body fat

Monthly education | Beyond the Scale

Understand the concept

DEXA reports regional fat distribution, including android and gynoid regions. The A/G ratio compares regional fat percentages.

Put it in perspective

These values do not measure visceral fat or establish a diagnosis. Use consistent definitions when comparing reports.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

July 05 - July 11, 2027 | Choose your own measurable behaviors.

My primary focus

Habit | Goal | M | T | W | T | F | S | S | Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

July 12 - July 18, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

July 19 - July 25, 2027 | Choose your own measurable behaviors.

My primary focus

My biggest win

One adjustment for next week

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

Weekly scorecard

July 26 - August 01, 2027 | Choose your own measurable behaviors.

My primary focus

Habit tracker

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

July reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

August 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

My focus for this month

Metabolic adaptation

Monthly education | Beyond the Scale

Understand the concept

Energy expenditure can change with body mass, activity and other physiological factors.

Put it in perspective

A change in measured RMR is not proof of a particular cause. Discuss persistent concerns with a qualified professional.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

August 02 - August 08, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

August 09 - August 15, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

August 16 - August 22, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

August 23 - August 29, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

August 30 - September 05, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

August reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

September 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

My focus for this month

Beyond the scale

Monthly education | Beyond the Scale

Understand the concept

Progress can include improved mobility, strength, endurance, energy and consistency.

Put it in perspective

Choose personal indicators that matter in your daily life, and record them alongside optional testing.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

September 06 - September 12, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

September 13 - September 19, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

September 20 - September 26, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

September 27 - October 03, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

September reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

Reset, do not restart

Q3 review | A new quarter is an opportunity to learn and adjust.

Which priorities did I achieve?

What do my measurements and observations tell me?

What should I keep doing?

What should I change or stop?

What is my next 90-day focus?

Q4 | Finish

Choose up to three 90-day priorities. One is enough.

Priority 1 and definition of success

Priority 2 and definition of success

Priority 3 and definition of success

Monthly milestones and support

My quarterly habits

Select controllable behaviors and realistic weekly goals.

Habit and weekly goal

Habit and weekly goal

Habit and weekly goal

Minimum successful week

How I will hold myself accountable

October 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

My focus for this month

Reassessing your goals

Monthly education | Beyond the Scale

Understand the concept

A goal that once made sense may need adjustment as circumstances change.

Put it in perspective

Review your priorities, evidence and available resources. Adjust the plan rather than treating a setback as failure.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

October 04 - October 10, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

October 11 - October 17, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

October 18 - October 24, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

October 25 - October 31, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

October reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

November 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

My focus for this month

Holiday consistency

Monthly education | Beyond the Scale

Understand the concept

Travel and celebrations can disrupt routines. A flexible minimum can help maintain continuity.

Put it in perspective

Choose realistic behaviors and allow room for rest and enjoyment. Return to your routine when circumstances permit.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

November 01 - November 07, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

November 08 - November 14, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

November 15 - November 21, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

November 22 - November 28, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

November 29 - December 05, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
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		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

November reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

December 2027

Plan appointments, activities and personal milestones.

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

My focus for this month

Measuring a successful year

Monthly education | Beyond the Scale

Understand the concept

Success is not limited to a number. Review outcomes, habits, capabilities and quality of life.

Put it in perspective

Celebrate what you learned and choose what to carry forward. A sustainable routine is valuable even when outcomes differ from expectations.

Reflect

What does this mean for your own goals? Record your thoughts in the monthly reflection. For individualized advice, consult an appropriate qualified professional.

Weekly scorecard

December 06 - December 12, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

December 13 - December 19, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

December 20 - December 26, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	
		☐	☐	☐	☐	☐	☐	☐	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

Weekly scorecard

December 27 - December 31, 2027 | Choose your own measurable behaviors.

My primary focus

Habit	Goal	M	T	W	T	F	S	S	Total
		☐	☐	☐	☐	☐	-	-	
		☐	☐	☐	☐	☐	-	-	
		☐	☐	☐	☐	☐	-	-	
		☐	☐	☐	☐	☐	-	-	
		☐	☐	☐	☐	☐	-	-	
		☐	☐	☐	☐	☐	-	-	

Check completed days; for habits counted more than once daily, enter the actual count in Total. Partial weeks are intentional.

My biggest win

One adjustment for next week

December reflection

Look beyond the scale. Notice what is changing and what is sustainable.

What went well?

What changed in strength, energy, sleep or daily life?

Which behaviors were consistent?

What obstacle needs a different approach?

One adjustment for next month

Reset, do not restart

Q4 review | A new quarter is an opportunity to learn and adjust.

Which priorities did I achieve?

What do my measurements and observations tell me?

What should I keep doing?

What should I change or stop?

What is my next 90-day focus?

My 2027 progress dashboard

Record results when available. Quarterly testing is optional.

	Baseline	Q1	Q2	Q3	Q4
Date					
Total mass (lb)					
Fat mass (lb)					
Lean mass (lb)					
Tissue fat (%)					
RSMI (kg/m2)					
Measured RMR (cal/day)					

Use the same measurement definitions and similar testing conditions. Measured RMR requires a separate test. Small changes may reflect measurement variability; lean mass includes fluids and other soft tissue.

What does my progress tell me?

My year-end reflection

December 2027 | Celebrate progress and lessons.

What did I accomplish?

What changed in my body composition or physical capabilities?

Which habits became part of my life?

What surprised me?

What am I most proud of?

Looking ahead to 2028

Carry forward what works.

What will I continue?

What will I change?

What is my next meaningful goal?

What is my first step?

Notes

Use this space for observations, questions or ideas.

My notes

Notes

Use this space for observations, questions or ideas.

My notes