



MODULE 4 - BENCHMARKS AND AVERAGES

Benchmarks

Benchmarks or average results are a funny thing. They don't directly apply to anyone, and yet they are close to what most people get. The odds that anyone gets results exactly like the average are pretty slim, but the chances that the results you get will be similar to these are pretty good.

Use these benchmarks to gauge your progress, but don't expect to get identical results. Really, these are best at showing you if you've made no progress for a long time, that perhaps there's some part of your lifestyle that could be adjusted. In that case, use the Measurement Log, and check the LifestyleIQ rating to see how close to on-target you are.

Male - Under 40

First 4 weeks: Lose 5-20 lbs
After that: Lose 2-20 lbs per month

Female - Under 40

First 4 weeks: Lose 4-16 lbs
After that: Lose 2-12 lbs per month

Male - Over 40

Allow up to 6 weeks for fat loss to commence.
After that: Lose 2-15 lbs per month

Female - Over 40

Allow up to 6 weeks for fat loss to commence.
After that: Lose 2-10 lbs per month

Male - close to 12% bodyfat or Female - close to 16% bodyfat

Fat loss will most likely slow down.

Shift Work or Regular Travel

Results may come slower

Focus on good nutrition and rest.

Try to include activity in routine for results to come.

2 Examples of Weight Change over the week

