

# Get Rid Regime: Planning Stage Checklist

Use this checklist to gather the key details needed to create your personalised Goal Sheet. Follow the tips to make sure your numbers are accurate.

## Height

- Measure your height without shoes, standing tall against a wall.

*Tip: Round to the nearest centimetre.*

## Weight

- Weigh yourself first thing in the morning, before eating or drinking.

*Tip: Use the same scale each time for consistency.*

## Current Body Fat %

- Enter your current body fat percentage (if known).

*Tip: Use a smart scale, skinfold calipers, or a bioelectrical impedance machine.*

## Desired Body Fat %

- Decide on your target body fat percentage. (12-14% is recommended)

*Tip: Choose a realistic range based on your goals, not perfection.*

## Resting Heart Rate

- Record your resting heart rate.

*Tip: Take it in the morning before getting out of bed.*

## Circumference Measurements

- Measure your waist at the belly button.

- Measure hips at the widest point.

*Tip: Always measure at the same spot, using a flexible tape measure.*

## Age

- Enter your age in years.

*Tip: This will help calculate your maximum heart rate and training zones.*

**Remember:** Accuracy here sets the foundation for your action plan. Take your time, write everything down, and re-check your measurements if needed.