
COURSE RESOURCE

BODY-COMPOSITION & STRENGTH TRACKER

Coach tool & client handout | Track the right things — not just the scale

On a GLP-1 the scale drops fast, and that is exactly why it is a misleading progress metric. Your job is to make sure the weight lost is fat, not muscle and bone. That means tracking strength, measurements and function alongside weight — and reacting when strength falls.

WHAT TO TRACK, AND HOW OFTEN

Metric	How	Frequency
Body weight	Same time of day, same conditions	Weekly (use the weekly average, not daily)
Girths	Waist, hips, thigh, arm — tape measure	Every 2-4 weeks
Strength (key lifts)	Log top sets: squat, hinge, press, pull (load x reps)	Every session
Photos	Front/side/back, same lighting	Every 4 weeks
Function / how clothes fit	Notes, and simple tests (sit-to-stand, grip)	Monthly

THE KEY SIGNAL

Strength is your proxy for lean mass. If body weight is falling and the client's key lifts are holding or rising, the program is working. If weight is falling and strength is dropping session over session, they are losing muscle — increase protein, check energy intake, protect training load, and consider referral.

SIMPLE TRACKING TEMPLATE

Date	Weight (wk avg)	Waist	Squat	Hinge	Press	Pull	Notes

INTERPRETING TRENDS

- Fat loss with strength maintained/rising = ideal. Reframe success here, away from the scale number.
- Rapid weight loss (>1% body weight/week sustained) raises lean-mass risk — flag protein and training.
- Strength declining across 2-3+ weeks despite training = a red flag for muscle loss; adjust and communicate with their clinician.
- Plateau on the scale with rising strength and shrinking waist = recomposition — a win, not a stall.