

# The Theory of Fat Loss Assessment and Programming Form

Name: \_\_\_\_\_

Current weight: \_\_\_\_\_

Ideal weight: \_\_\_\_\_

OR

OR

Current Fat Mass: \_\_\_\_\_

Ideal Fat Mass: \_\_\_\_\_

## Step 1: Identify Global Time Limits

How long do you have until you need to achieve your fat loss goal? \_\_\_\_\_

## Step 2: Identify Functional Limits

Coordination (choose one):

☐ I have very limited training experience or ability to correctly perform basic lifts

☐ I can perform basic multi-joint exercises without limit (squats, deadlifts, lunges, pushups, rows, etc.)

☐ I can perform advanced lifts without limit (complexes, Olympic lifts, combination exercises, etc.)

Posture:

Write down any postural limits you have. If you do not know much about posture, see Appendix A for a quick reference to common postural problems or consult a qualified professional.

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Injury:

List any and all injuries that you currently have or that you have suffered in your life. Get evaluated by a qualified professional to avoid further injury.

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Special Notes on Functional Limits:

Examples: What exercises am I not capable of doing because of these limits? What stretches and corrective exercises should I include in my warm-up to break through these limits? What exercises should I perform during my workout to break through these limits?

### Step 3: Identify Capacity Limits

Strength:

Use the chart below:

Values used are for your 3 rep maximum (maximum load you can lift for 3 repetitions) and are in pounds  
Feel free to choose any exercise(s) you want to evaluate your limits as long as they fit in the right category.  
Values are just a guide, and they are not universal. The greater strength you have, the lesser the limit.

Strength Limitation:

<b>Significant</b>	<b>Moderate</b>	<b>Mild</b>	<b>Minor</b>	<b>Not Limited</b>
Quad-Dominant Double-Leg Exercise* (Squat, Front Squat, Dumbbell Squat, etc.)				
Less than 115	115-165	165-215	215-265	More than 265
Glute-Dominant Double-Leg Exercise* (Trap-Bar Deadlift, Deadlift, etc.)				
Less than 135	135-185	185-235	235-285	More than 285
Single-Leg Exercise* (Split Squat, Lunge, Reverse Lunge, etc.)				
Less than 45	45-75	75-105	105-135	More than 135
Upper Body Vertical Push (Dumbbell Shoulder Press, Military Press, etc.)				
Less than 85	85-115	115-145	145-175	More than 175
Upper Body Vertical Pull (Bodyweight or Loaded Pullup or Chinup**, Lat Pulldown, etc.)				
Less than 135	135-165	165-195	195-225	More than 225
Upper Body Horizontal Push (Dumbbell Press, Bench Press, Pushup***)				
Less than 135	135-165	165-195	195-225	More than 225
Upper Body Horizontal Pull (Inverted Row, Bent-Over Row, Cable Row)				
Less than 135	135-165	165-195	195-225	More than 225

\*Bodyweight has a lot to do with the absolute intensity of lower body lifts.

Due to extreme bodyweight variance, the values shown only represent external loading.

\*\*Use bodyweight to estimate load for a pullup or chinup. Add any external load to bodyweight

\*\*\*The load for a pushup is about 60% bodyweight

Note: Values to determine capacity limits are the same for men and women because intensity is based on an absolute scale, not a relative scale. The organization of the chart provides you with a quick and easy way to determine possible break through values (how much you need to lift in order to get from one limit category to another limit category). A strength break through should take approximately 1 to 2 training phases. In other words, during a strength training phase or two, it should be possible to improve to a higher limit category in every one of the exercise categories in the chart above. Women, however, may find it more difficult to break through in upper body lifts due to their genetically smaller shoulder girdles.

Muscular Endurance: Muscular endurance is largely determined by absolute strength, so no separate guidelines are needed.  
Muscle Mass: Do you have limited muscle mass, or, in other words, would you like more muscle mass\*? \_\_\_\_\_

\*Beginners generally do not see changes in muscle mass until 6-8 weeks into training. Neurological adaptations come first.

Cardiorespiratory: (choose one)

- ☐ I find myself short of breath with even the simplest daily activities (get evaluated by a doctor immediately if this is you)
- ☐ I get extremely tired with any form of exercise (get evaluated by a doctor before beginning an exercise program)
- ☐ I find it difficult to perform vigorous exercise or to exercise for a long period of time
- ☐ I can perform vigorous exercise with few limitations
- ☐ I can train hard all day every day using any training methods without breaking a sweat

Step 4: Frame your long term fat loss program with respect to your limits

How many training phases\* (approximately 4-6 weeks each) can I fit in before my time limit expires? \_\_\_\_\_

\*Do not forget to include deload weeks after every 1-2 phases when making this calculation

Which limits should I take the time to break through?

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Which limits must I bypass?

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Outline Your Long Term Plan Below using the chart (as a guide) or the space below the chart (advanced programming)

\*It is recommended that you break through strength and mass limits the further you are from your time limit.

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Duration (weeks)					
Capacity Limit to Break Through					
Functional Limit(s) to Break Through					
Dedicated Fat Loss Phase?					

Step 5: Create and complete your next training program/phase

How long will this phase last? \_\_\_\_\_

Is this a dedicated fat loss phase (fat loss is the primary objective, not strength, hypertrophy, etc.)? \_\_\_\_

If yes...

How many days a week can you train and how much time do you have available each day to train? \_\_\_\_\_

What are your current limits (refer to Steps 2 and 3), and what tradeoffs (refer to Unit 2 of *The Theory of Fat Loss* if you need assistance) are you taking to bypass them?

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If no...

What primary capacity limit are you focusing on breaking through during this phase? \_\_\_\_\_

Are there any secondary capacity limits you feel you can also work on during this phase (advanced programmers only)?

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What functional limit(s) are you trying to break through during this phase?

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How many days a week can you train and how much time do you have available each day to train? \_\_\_\_\_

List any other limits that you have that are going unaddressed during this training phase that might limit what you can do during this training phase (refer to Steps 2 and 3).

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Create your program based on the assessment above

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Find and borrow an existing program that fits your needs

If you need help, you will find a bunch of resources under the “Resources” tab at <http://thetheoryoffatloss.blogspot.com>.

You may also go to the “Buyer's Bonuses” tab to get a bunch of FREE customizable 2x, 3x, and 4x per week training templates for breaking through various limits.

Step 6: Upon completion of a training phase, reevaluate your ability and limits by going through this form another time.