

My Ideal Weight or Weight Loss Goals:	
My Desired Weight	
My Desired Body Fat Percentage ¹	
My Desired Jean Size	
My Desired Dress Size	
My Desired Belt Size	
My Desired BMI ²	
My Desired Waist to Hip Ratio ³	
My Desired Waist to Bust Ratio (women) ⁴	
My Desired Adonis Ratio (men) ⁵	
Other	
Summary	
My Desired Weight Loss Goal	
Using This Diet	
Using This Exercise	
Other	

For More Information See:

- [1. Ideal Body Fat Percentage Chart](#)
- [1. Body Fat Percentage Chart](#)
- [1. Percent Body Fat Calculator](#)
- [2. \(BMI\) Body Mass Index Chart](#)
- [2. BMI Chart for Men and Women Discussion](#)
- [3. Ideal Waist to Hip Ratio](#)
- [3 and 4. Ideal Body Shape for Women Calculator.](#)
- [5. Ideal Body Measurements for Men Chart.](#)

Return to <http://www.ideal-weight-charts.com/idealweight.html>