

| Pounds  | % body Fat | Pounds in Fat | Lean pounds | Grams of protein |
|---|------------|---------------|-------------|------------------|
| 100   | 0.30       | 30            | 70          | 46.2             |
| 125   | 0.30       | 37.5          | 87.5        | 57.75            |
| 150   | 0.30       | 45            | 105         | 69.3             |
| 175   | 0.30       | 52.5          | 122.5       | 80.85            |
| 200   | 0.30       | 60            | 140         | 92.4             |
| 225   | 0.30       | 67.5          | 157.5       | 103.95           |
| 250   | 0.30       | 75            | 175         | 115.5            |
| 275   | 0.30       | 82.5          | 192.5       | 127.05           |
| 300   | 0.30       | 90            | 210         | 138.6            |
| 325   | 0.30       | 97.5          | 227.5       | 150.15           |
| 350   | 0.30       | 105           | 245         | 161.7            |
|   |            |               |             |                  |
| <b>IF YOU ARE<br/>ON THE<br/>THINNER<br/>SIDE</b> |            |               |             |                  |
| 100   | 0.20       | 20            | 80          | 52.8             |
| 125   | 0.20       | 25            | 100         | 66               |
| 150   | 0.20       | 30            | 120         | 79.2             |
| 175   | 0.20       | 35            | 140         | 92.4             |
| 200   | 0.20       | 40            | 160         | 105.6            |
| 225   | 0.20       | 45            | 180         | 118.8            |
| 250   | 0.20       | 50            | 200         | 132              |
| 275   | 0.20       | 55            | 220         | 145.2            |
| 300   | 0.20       | 60            | 240         | 158.4            |
| 325   | 0.20       | 65            | 260         | 171.6            |
| 350   | 0.20       | 70            | 280         | 184.8            |
|   |            |               |             |                  |
|   |            |               |             |                  |