QUESTIONS

1. How much does the fat weigh?
   If a 145 pound person has 24% body fat, how much does their fat weigh?
   
   _______ pounds
   _______ grams

2. How many calories are stored in the fat?
   Based on your calculation above, how many calories is the person storing?
   
   _______ calories

3. How much glycogen is needed to provide the same calorie content?
   Based on your calculation in question 2, how much glycogen would be required to store the same number of calories?
   
   _______ grams of glycogen
   _______ pounds of glycogen

4. How much water would be stored with glycogen?
   Stored in body tissue, glycogen holds twice its weight in water.
   Based on your calculation in question 3, how much water would be stored with the glycogen?
   
   _______ pounds of water

5. How much would the person weigh?
   Based on your calculations above, what would be the total weight of the person if they stored the same number of calories, but stored them as glycogen rather than fat?
   
   145 pounds – _______ pounds of fat + _______ pounds of glycogen + _______ pounds of water
   = _______ pounds total