

## FFMI Goal-Setting Chart

<b>Current FFMI</b>	<b>Goal Range</b>	<b>Focus Area</b>	<b>Suggested Timeline</b>
<18	18–20	Build muscle foundation	3–6 months
18–20	20–22	Lean muscle gain	4–8 months
20–22	22–24	Advanced hypertrophy	6–12 months
22–25	Maintain / refine	Strength + conditioning	Ongoing