

BODY COMPOSITION REPORT

Personal data

Name: EXAMPLE: NORMALWEIGHT
Surname:
Date of birth:
Identification:

File Num: 5
State: Active

Address

Address:
Town:
City:
P.C.:

Contact

Phone 1:
Phone 2:
Mobile:
Fax:
E-Mail:

Notes

Although this client's body fat is within the normal range, it has been decided to reduce it even further. It's necessary to lose 2kg of body weight but a larger reduction of fat by 4kg but at the same time increasing lean weight.

Historic

Clasification: None
Blood: A+
Clinical Hist.:

Other:

Family

Father:
Mother:
Personal:
Eating disorder:

Other:

RESULTS

BODY COMPOSITION

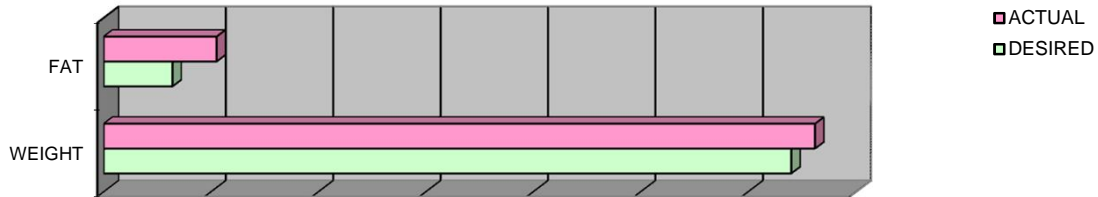
Anthropometrical Data

Gender: Male
 Age: 19 years
 Weight: 66,200 kg
 Height: 170 cms
 Build: Large
 Population: Adult

Skinfolds

Subscapularis mm
 Suprailiac mm
 Biceps mm
 Triceps mm

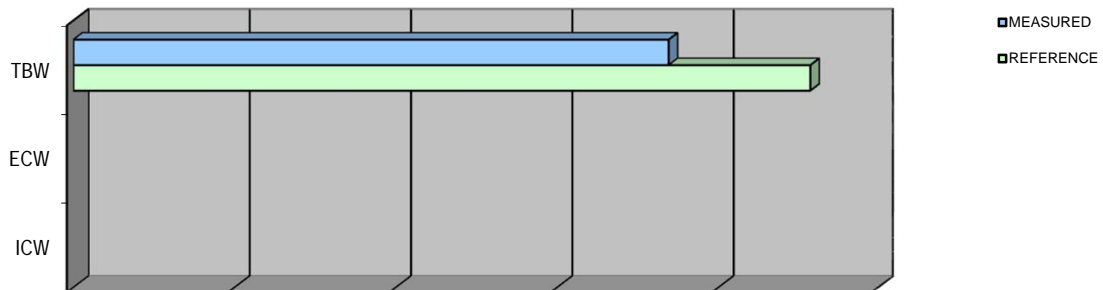
Body Fat --- %
 --- Kg



	WEIGHT		BIO - IMPEDANCE (BIA)			
	%	kg	BODY FAT		LEAN MASS	
			%	kg	%	kg
ACTUAL	103,4	66,2	15,9	10,5	84,1	55,7
REFERENCE	112,5	72,0	12,9	9,3	87,1	62,7
DESIRED	100,0	64,0	10,0	6,4	90,0	57,6
DESIRED - ACTUAL	-3,4	-2,2	-5,9	-4,1	5,9	1,9

Body Fat level according to Bio-Impedance: Reference
 Body Fat level according to Skinfold: (No Data)

WATER in LEAN



	TBW		ECW		ICW		ECW/ICW	ECW/TBW
	%	Lts.	%	Lts.	%	Lts.		
MEASURED	66,3	36,9						
REFERENCE	73,0	45,8						
DESIRED	73,0	42,0						

Body water 36,9 litres 56 % of Weight
Intracellular
Extracellular

TBW: Total Body Water
 ECW: Total Extracellular Water
 ICW: Total Intracellular Water

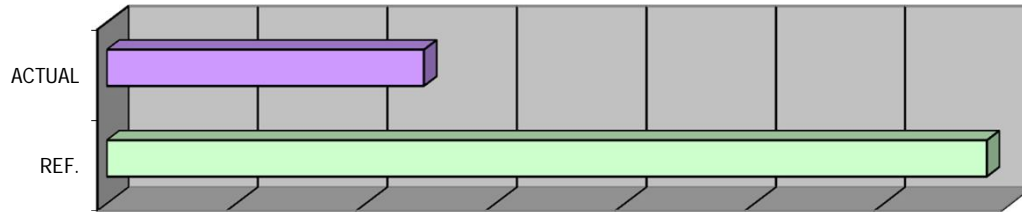
Extracellular Mass
Body Cell Mass

Ratio ECM/BCM
Body Cell Mass Index

Bone Mineral
META Index 24,7 Ref: 18-30

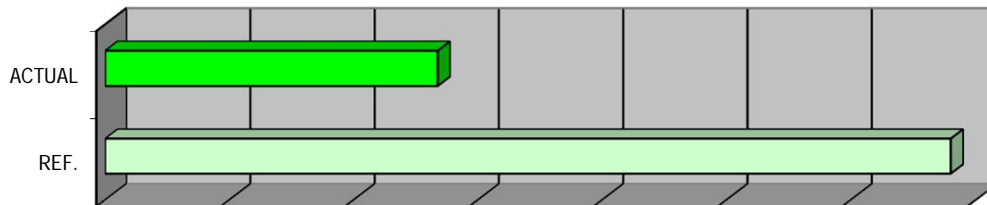
Dry Weight 18,8 kg 28 %
Muscular Mass 28,4 kg 43 %

BMR



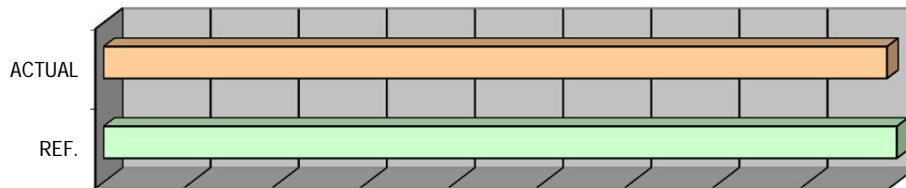
Actual BMR: 1689 kcal/day
Reference BMR: 1776 kcal/day

BMI



Body mass index: 22,84 kg/m² **Reference:** 18,50-24,90 kg/m²
Obesity Grade: Reference

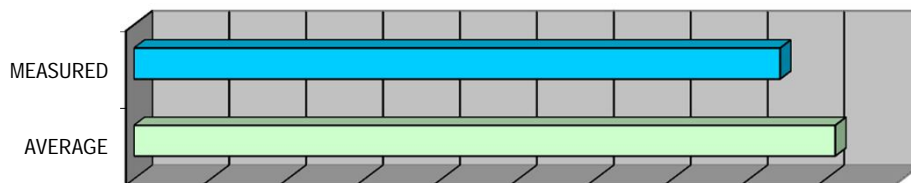
WAIST-HIP CIRCUMFERENCES



Waist-Hip Circumference: 0,89 **Reference:** 0,90
Low risk, fat levels relatively low

Ratio Waist/Height 0,47

HANDGRIP STRENGTH

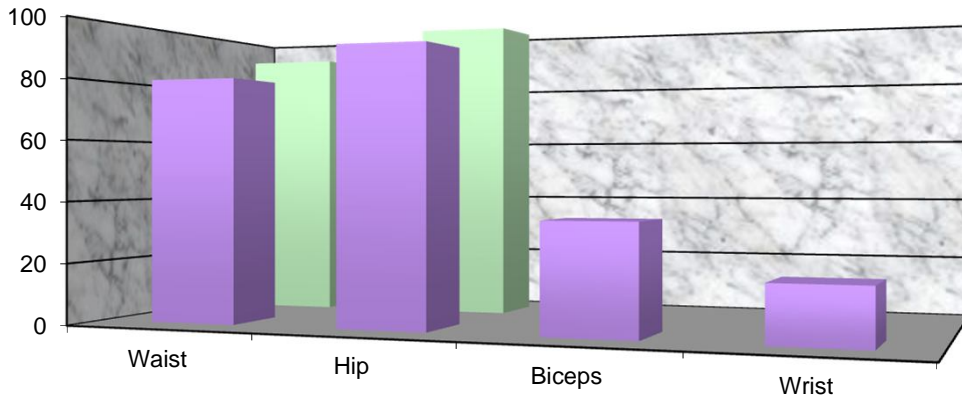


Measured Value 42,0 kg/cm²
Average Value 35,7 - 55,5 kg/cm² **Level:** Reference

PARAMETERS

PERIMETERS

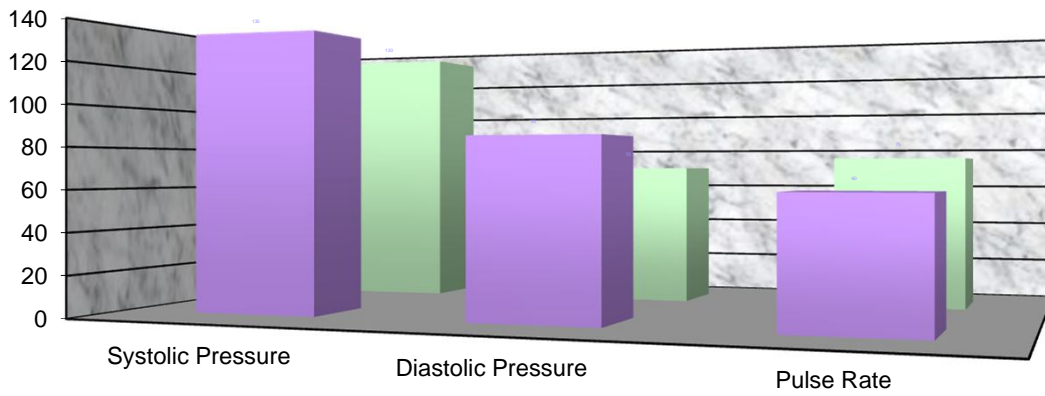
ACTUAL IDEAL



	ACTUAL	IDEAL
Waist	80 cms	90 cms
Hip	90 cms	100 cms
Biceps	35 cms	
Wrist	18 cms	

CARDIAC FUNCTION

ACTUAL IDEAL

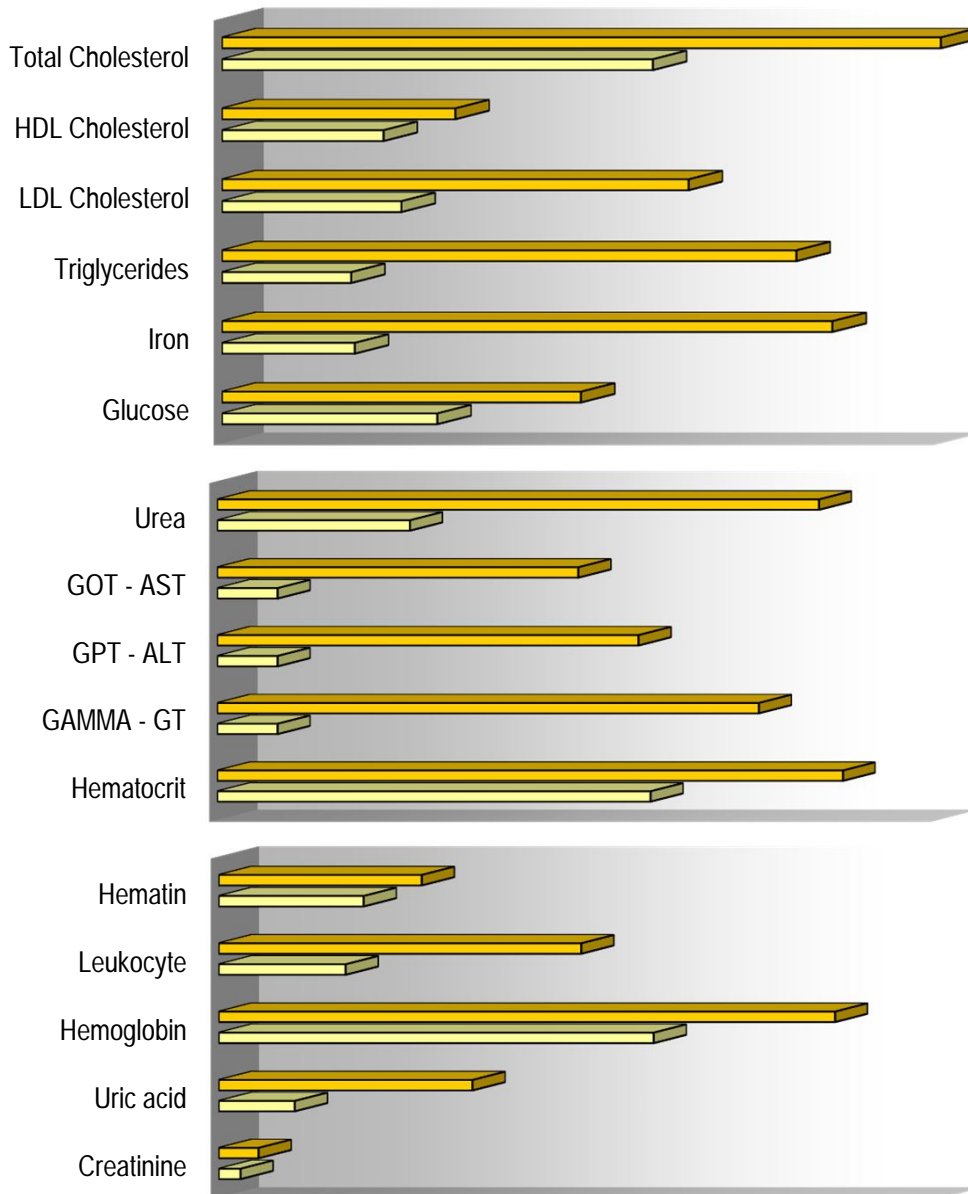


	ACTUAL	IDEAL	VALUE
Systolic Pressure	135 mmhg	130 mmhg	
Diastolic Pressure	85 mmhg	70 mmhg	
Pulse Rate	60 beats	75 beats	Fit

	Actual	Min	Max		
Total Cholesterol	mg%	120	200	mg%	*
HDL Cholesterol	mg%	45	65	mg%	*
LDL Cholesterol	mg%	50	130	mg%	*
Triglycerides	mg%	36	160	mg%	*
Iron	mg%	37	170	mg%	*
Glucose	mg%	60	100	mg%	*
Urea	mg%	16	50	mg%	*
GOT - AST	ul	5	30	ul	*
GPT - ALT	ul	5	35	ul	*
GAMMA - GT	ul	5	45	ul	*
Hematocrit	%	36	52	%	*
Hematin	million/ul	4	5,6	million/ul	*
Leukocyte	million/ul	3,5	10	million/ul	*
Hemoglobin	g/dl	12	17	g/dl	*
Uric acid	mg%	2,1	7	mg%	*
Creatinine	mg%	0,6	1,1	mg%	*

BIOCHEMICAL

■ MAXIMUM ■ ACTUAL ■ MINIMUM



FITNESS

Stamina

Abdominals:	25,00 reps	Result: Marginally low
Press ups:	23,00 reps	Result: Low
Handgrip Strength:	42,00 kg/sq.cm	Result: Reference

Flexibility and Muscle Strength

Sit and Reach:	7,00 cm	Result: Low
Sapo:	9,00 cm	Result: Low
Jump test:	34,00 cm	Result: Low

Cardiac Resistance

Rate at rest:	60 beats/min
Rate immediatly after test:	130 beats/min
Rate 1 minute after test:	75 beats/min
Result: Excelent	

Activity Planner

(Minutes)	TUE	THU	SAT
Badminton			
Basketball			
Canoeing			
Cycling 8,8km/h			
Cycling 15,1 km/h			
Dancing			
Hockey (grass)			
Golf			
Gymnastics			
Horseriding			
Jogging 9min/1600m			
Judo, Karate			
Running 6 min/1600m			
Running			
Skiing cross country			
Skiing downhill			
Squash			
Swimming slow crawl			
Tennis			
Volleyball			
Walk 15min/1600m			
Pedometer (Steps)			
Activity Expend	0,0	0,0	0,0
BMR	0,0	0,0	0,0
Work Expend	0,0	0,0	0,0
Total Energy Expend	0,0	0,0	0,0

Occupation

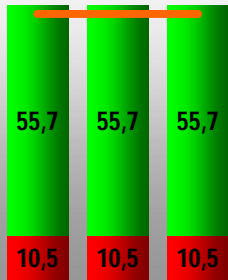
= WHO =	
Physical Activity Level:	2.Light
Total Energy Expend:	2854,4 kcal

HISTORICAL

	D.W.*	Weight	Fat	Lean	WATER	Total	Extra	Intra	BMI	Waist-Hip Circ.	BMR
23/03/2016	64,0	66,2	10,5	55,7		36,9			22,8	0,89	1689
23/03/2016	64,0	66,2	10,5	55,7		36,9			22,8	0,89	1689
23/03/2016	64,0	66,2	10,5	55,7		36,9			22,8	0,89	1689

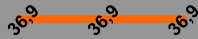
*: Desired Weight

Body Composition



FAT LEAN Desired Weight

WATER

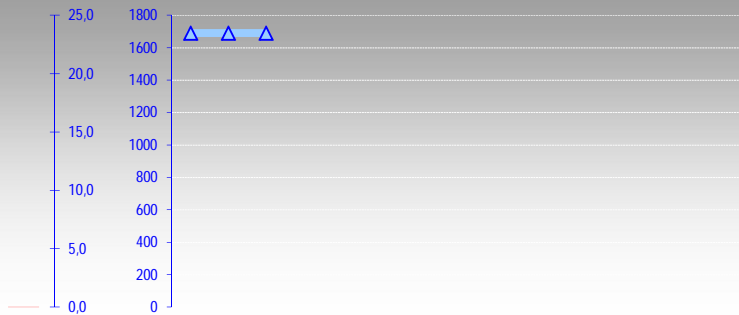
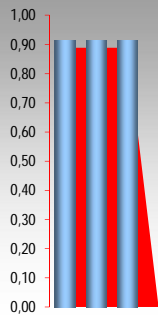


ExtraCellular IntraCellular TOTAL

Waist-Hip Circ.

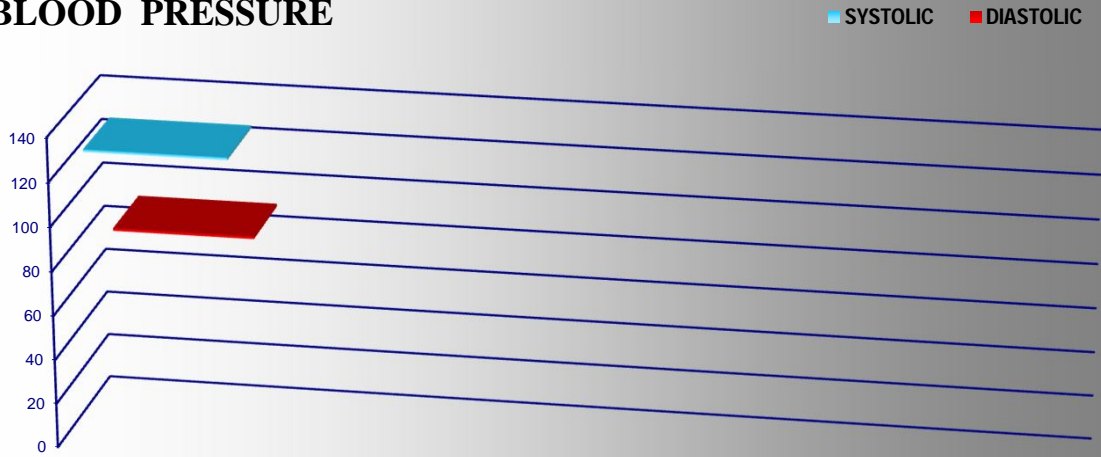
BMI

BMR



	Blood Pressure		Cholesterol			Triglycerids
	Systolic	Diastolic	Total	HDL	LDL	
23/03/2016	135	85				
23/03/2016	135	85				
23/03/2016	135	85				

BLOOD PRESSURE

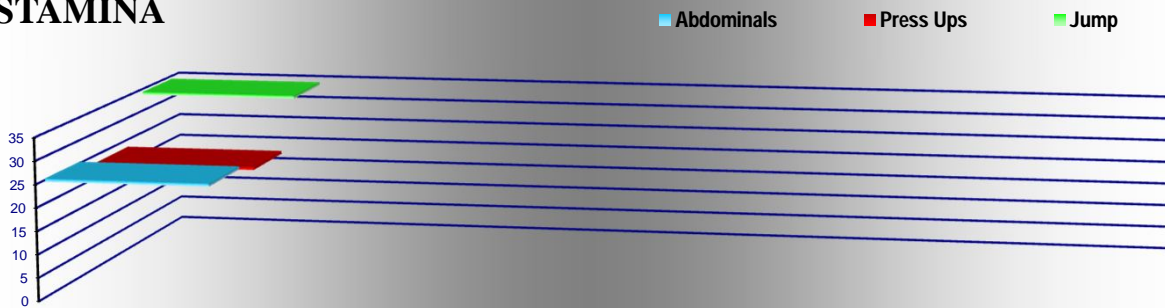


CHOLESTEROL and TRIGLYCERIDES

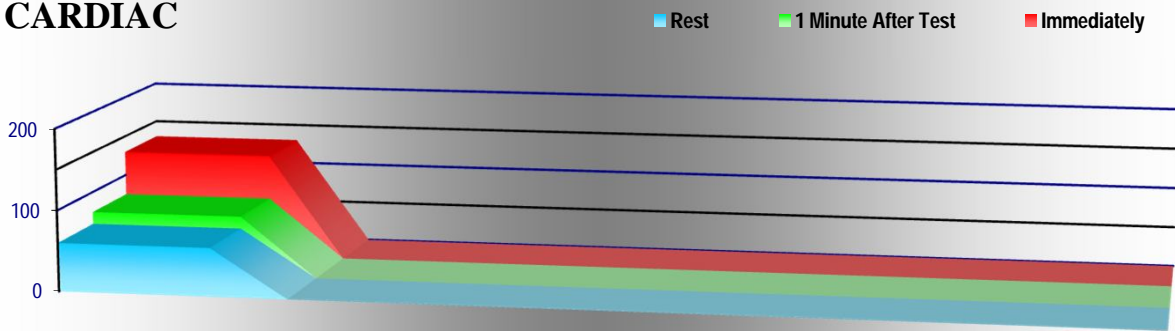


	Stamina		Flexibility		Pwr	Cardiac Function			
	Abdominals	Press Ups	Sit	Sapo		Jump	Rest	Later	1min
23/03/2016	25	23	7,0	9,0	34	60	130	75	0,9
23/03/2016	25	23	7,0	9,0	34	60	130	75	0,9
23/03/2016	25	23	7,0	9,0	34	60	130	75	0,9

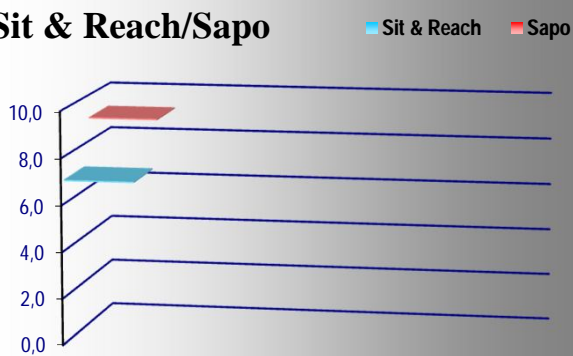
STAMINA



CARDIAC



Sit & Reach/Sapo



SCORE



IMPEDANCE

4 electrodes

f	1 KHz	5 KHz	10 KHz	50 KHz	100 KHz	150 KHz	250 KHz	500 KHz
Z				565,00				
Rb				555,877				
Xb				101,123				
P								

References:

- f Frecuency
- Z Impedance
- Rb Resistance
- Xb Reactance
- P Phase

WEIGHT PLAN

Actual Weight 66,2 kg
 Desired Weight 64,0 kg
 Weekly Loss 0,5 kg
 Treatment Duration 5 weeks

Burn by Exercise 1.165 kcal
 Metabol. Rate 1.689 kcal +
 Burn at Work 0 kcal
Total Burn 2.854 kcal
 Ideal Intake 1.688 kcal Δ
Intake - Burn -1.167 kcal

	Weight (kg)	Intake (kcal)
0	66,20	1687,60
1	65,70	1671,10
2	65,20	1654,60
3	64,70	1638,10
4	64,20	1621,60
5	63,70	1605,10

Weight (kg)	Intake (kcal)

Weight (kg)	Intake (kcal)

Weight Plan

