

Body Composition Analysis Form

Name: _____ Telephone: _____

Email: _____ Height _____ Inches Age _____

	Before	After
Weight		
Body Fat %		
Muscle Mass		
Physique Rating		
Bone Mass		
Visceral Fat		
Calories - BMR		
Metabolic Age		
Hydration %		
Daily Protein Need		
Recommended Ideal Weight / Goal		
Daily Caloric Intake for Wt Loss or Gain		



Healthy Body Water % Range

 45 - 60 %	 50 - 65 %
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Visceral Fat Rating

Healthy level	0	:	1 - 12
Excess level	+	:	13 - 59



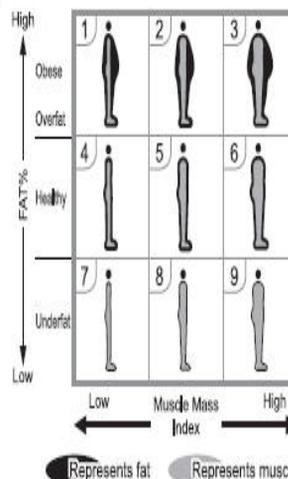
Bone Mass Ranges

Average of estimated bone mass (lb)

	Weight		
	Less than 110 lb	110 lb - 165 lb	165 lb and up
	4.3 lb	5.3 lb	6.5 lb
	Less than 143 lb	143 lb - 209 lb	209 lb and up
	5.9 lb	7.3 lb	8.1 lb



Physique Ratings



Body Fat % Classification	Female	Male
At risk/Obese	Over 35%	Over 25%
Too Much/Over Fat	29.1 - 34.9%	20.1 - 24.9%
A Bit Much	25.1 - 29%	18.1 - 20%
Normal - with some visible tummy fat	22.1 - 25%	15.1 - 18%
Lean	17.1 - 22%	10-15%
Very Lean/Athletic	Under 17%	Under 10%

Body Analysis

What does the numbers tell you?

What is Body Fat Percentage?

- Body fat percentage is the amount of body fat as a proportion of your body weight. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer. The National Institute of Health recommends that a healthy adult male's body should have between 8 and 17 percent fat and a female should have 10-21%. Levels significantly above these amounts may indicate excess body fat.

What is Total Body Water Percentage?

- Total Body Water Percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

What is Muscle Mass?

- The weight of muscle in your body including your organs. Muscle mass naturally decreases as we age. It is important to preserve muscle for a variety of reasons. Muscle burns more calories than fat, so you can eat more without gaining weight if you have a decent amount of muscle. Muscle also helps support your bones, tendons and ligaments. Strong muscles will help you complete day to day tasks with relative ease.

What is Basal Metabolic Rate(BMR)?

- Your Basal Metabolic Rate(BMR) is the minimum level of energy your body needs when at rest to function effectively including your respiratory and Circulatory organs, neural system, liver, kidneys, and other organs. You burn calories when sleeping. About 70% of calories consumed every day are used for your basal metabolism.

What is Metabolic Age?

- This feature calculates your BMR and indicates the average age associated with that type of metabolism.

What is Bone Mass?

- This feature indicates the amount of bone (bone mineral Level, calcium or other minerals) in the body. Research has shown that exercise and the development of muscle tissue are related to stronger, healthier bones.

What is visceral fat rating?

- Visceral fat is the fat that is in the internal Abdominal cavity, surrounding the vital organs in the trunk (abdominal) area. Research shows that even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the trunk area especially post menopause.

Calculating protein Need?

- The pounds of lean body mass should be multiplied by the following, depending on activity level, to get the daily protein requirement in grams:
 - Women - Active - Multiply by .9
 - Men and very active women (10 hours of vigorous activity per week or more) - Multiply by 1.0
- Experts suggest those overweight go to the next highest category for calculation of protein

Recommended Ideal Body Weight

- Locate your ideal body weight from chart or use the following formula
 - Formula for Men
106 lbs for first 5 feet + 6 lbs for each inch over 5 feet (medium frame)
Small frame (- 10%), Large frame (+ 10%)
 - Formula for Women
100 lbs for first 5 feet + 5 lbs for each inch over 5 feet (medium frame)
Small frame (- 10%), Large frame (+ 10%)

Daily Caloric Intake for Wt Loss or Gain

- The reduction of 500 calories per day will generally provide a weight loss of 1 pound in 7 days
- Eating an extra 500 calories per day will cause you to gain one pound a week.