

Suzanne Sample	
Birth date	04 Jan 1945
Start date	01 Feb 2016
Sex	Female
Height	5 ft 6 in
BMR	1249
BMR with Activity level	1717

Comments:

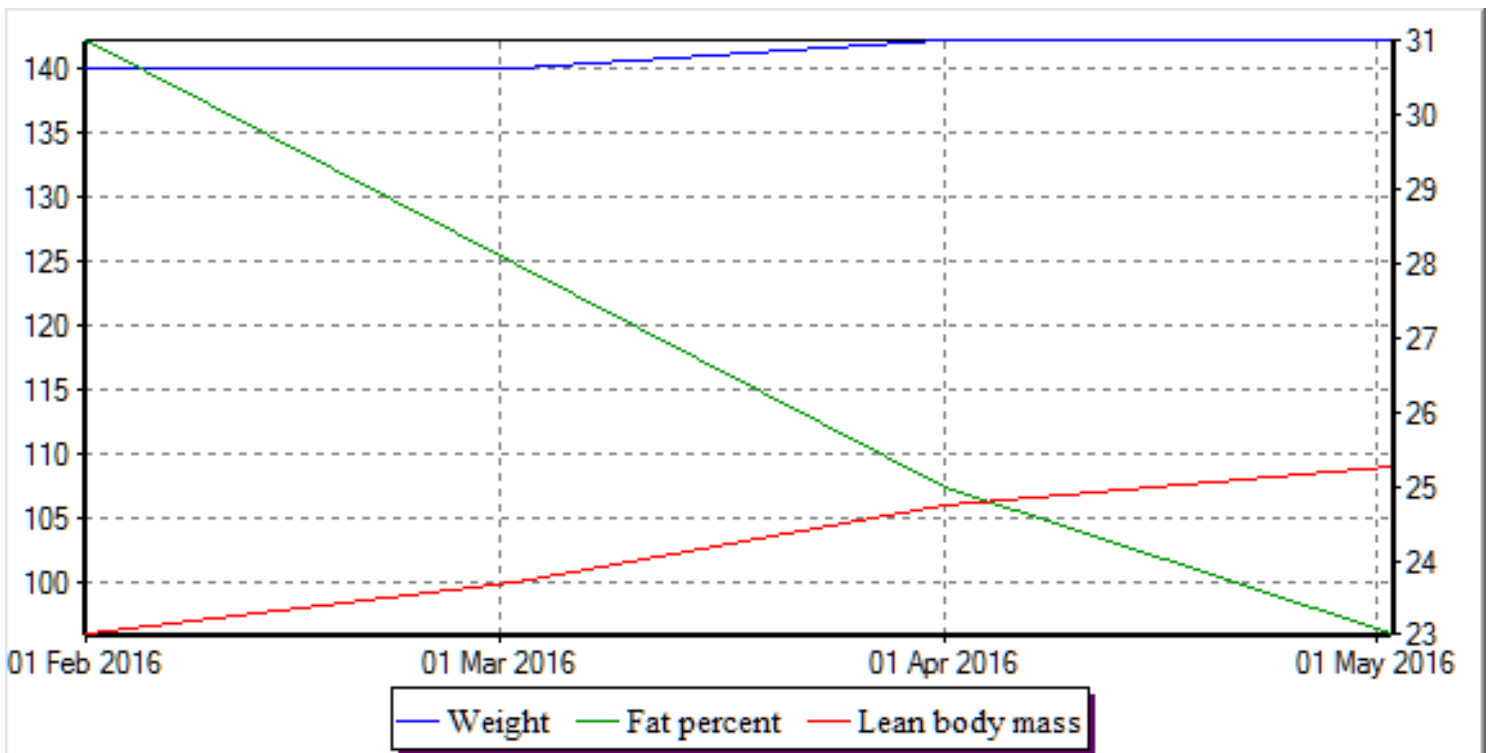
You are doing excellent Suzanne! You are increasing lean body mass (ie. bone density and muscle mass), while decreasing unhealthy body fat. You have lost 11lbs of fat and 5.5 inches off your waist and hips combined! You are renewing from the inside out.

Progress					
	Date	Total weight	Fat percent	Body fat weight	Lean body mass
Start	01 Feb 2016	140	31%	44	96
Current	02 May 2016	142	23%	33	109
Change	91 days	+2	-8%	-11	+13

Fat percent					
Age	18-29	30-39	40-49	50-59	60+
Very Lean *	< 15%	< 16%	< 19%	< 21%	< 21%
Fit	16% - 19%	17% - 20%	20% - 24%	22% - 27%	22% - 29%
Average	20% - 22%	21% - 23%	25% - 26%	28% - 30%	30% - 31%
Above Average	23% - 25%	24% - 27%	27% - 30%	31% - 34%	32% - 34%
Overweight	26% - 31%	28% - 32%	31% - 34%	35% - 37%	35% - 38%
Obese **	32%+	33%+	35%+	38%+	39%+

* At risk for diseases and disorders associated with malnutrition

** At risk for diseases associated with obesity



History

Date	Total weight	Fat percent	Lean body mass	Neck	Waist	Hips
01 Feb 2016	140	31%	96	12.50	33.00	37.00
02 Mar 2016	140	28%	100	12.50	31.50	36.50
01 Apr 2016	142	25%	106	13.00	31.00	35.50
02 May 2016	142	23%	109	13.00	29.50	35.00