

Tim Sample	
Birth date	12 Feb 1977
Start date	02 Feb 2016
Sex	Male
Height	6 ft 0 in
BMR	2111
BMR with Activity level	3272

Comments:

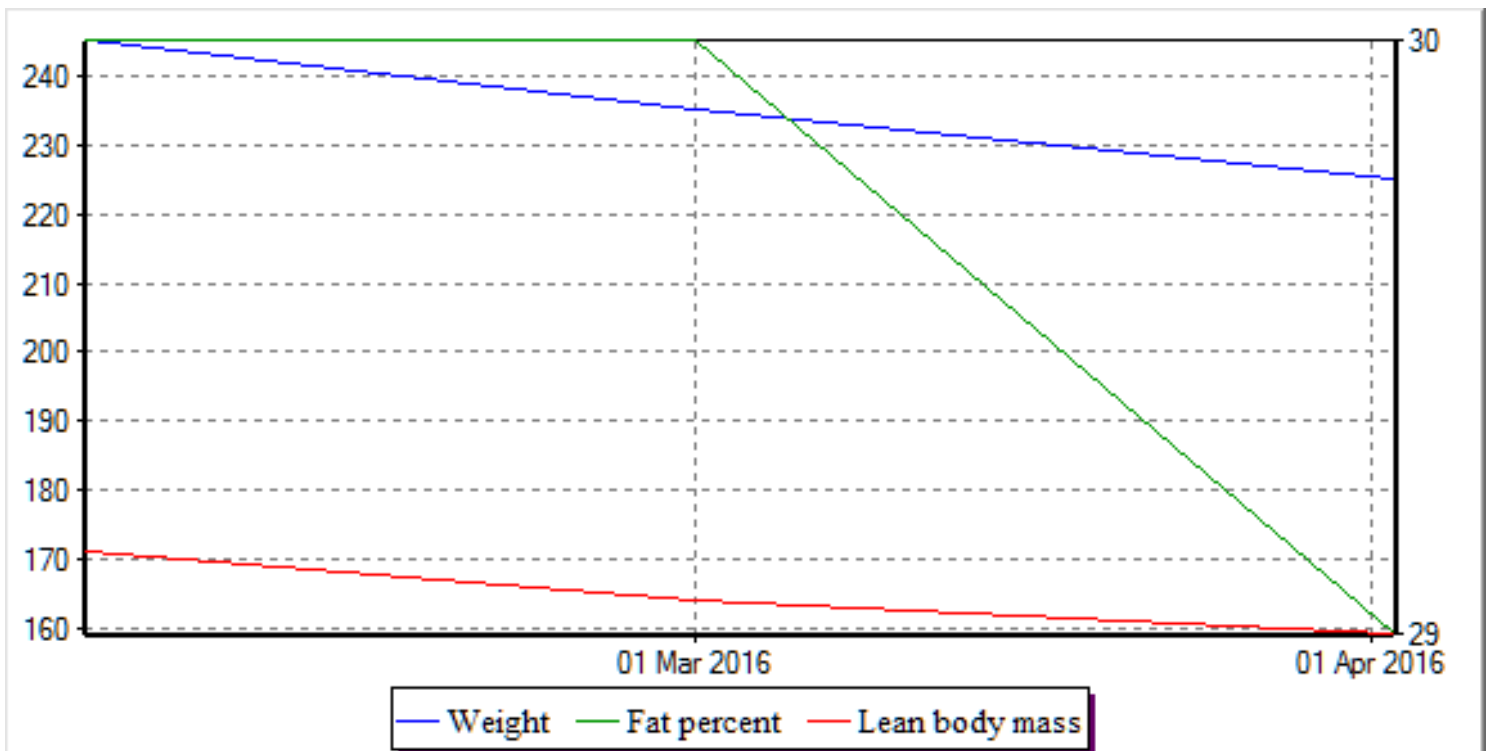
Your current measurements indicate that you are not consuming enough calories to sustain lean body mass. Lets discuss your caloric needs based on your basal metabolic rate at our next session.

Progress					
	Date	Total weight	Fat percent	Body fat weight	Lean body mass
Start	02 Feb 2016	245	30%	74	171
Current	02 Apr 2016	225	29%	66	159
Change	60 days	-20	-1%	-8	-12

Fat percent					
Age	18-29	30-39	40-49	50-59	60+
Very Lean *	< 7%	< 11%	< 14%	< 15%	< 15%
Fit	8% - 12%	12% - 16%	15% - 18%	16% - 20%	16% - 20%
Average	13% - 16%	17% - 19%	19% - 21%	21% - 23%	21% - 24%
Above Average	17% - 20%	20% - 22%	22% - 24%	24% - 26%	25% - 27%
Overweight	21% - 25%	23% - 26%	25% - 28%	27% - 29%	28% - 30%
Obese **	26%+	27%+	29%+	30%+	31%+

* 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	Abdomen
02 Feb 2016	245	30%	171	16.50	44.00
01 Mar 2016	235	30%	164	15.50	43.00
02 Apr 2016	225	29%	159	15.00	41.50