

Sandy Howard

February 13, 2022

Body Composition Test Results

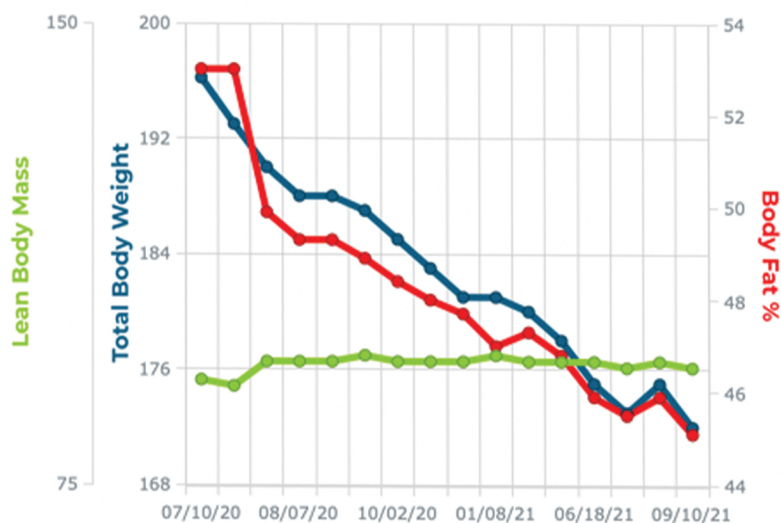
Weight:	172 lbs
Lean Body Mass	94 lbs
Total Body Fat	45.1% (78 lbs)
Excess Body Fat	9.1% (16 lbs)
Body Fat Goal	36%



Body Fat Guidelines for Women

Essential	10-13%
Athletes	14-20%
Fitness	21-24%
Acceptable	25-31%
At Risk	32%+

Your Progress



Body Composition Change

Test	Weight	LBM	BF	BF%
Current	172 lbs	94 lbs	78 lbs	45.1%
Last	175 lbs	95 lbs	80 lbs	45.9%
Initial	196.2 lbs	92 lbs	104.2 lbs	53%
Change From Last	-3 lbs	-1 lbs	-2 lbs	-0.8%
Change From Initial	-24.2 lbs	2 lbs	-26.2 lbs	-7.9%

Your Dietary Plan

Basal Metabolic Rate (BMR):	1,438 calories
BMR + ADL + Exercise:	1,726 calories
Calorie Target:	1,276 calories
Protein Goal:	92 gms/day
Goal Date:	2022-02-17

Activity Level

<input checked="" type="checkbox"/>	Sedentary (office job)
<input type="checkbox"/>	Light Exercise (1-2 days/week)
<input type="checkbox"/>	Moderate Exercise (3-5 days/week)
<input type="checkbox"/>	Heavy Exercise (6-7 days/week)
<input type="checkbox"/>	Athlete (2x per day)