

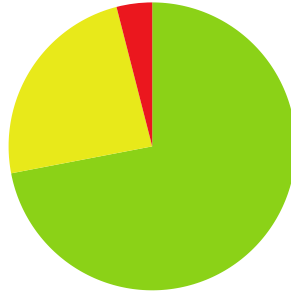


Lisa Grey

October 10, 2022

Body Composition Test Results

| | |
|------------------------|--------------|
| Weight: | 122 lbs |
| Lean Body Mass | 88 lbs |
| Total Body Fat | 28% (34 lbs) |
| Excess Body Fat | 4% (5 lbs) |
| Body Fat Goal | 24% |



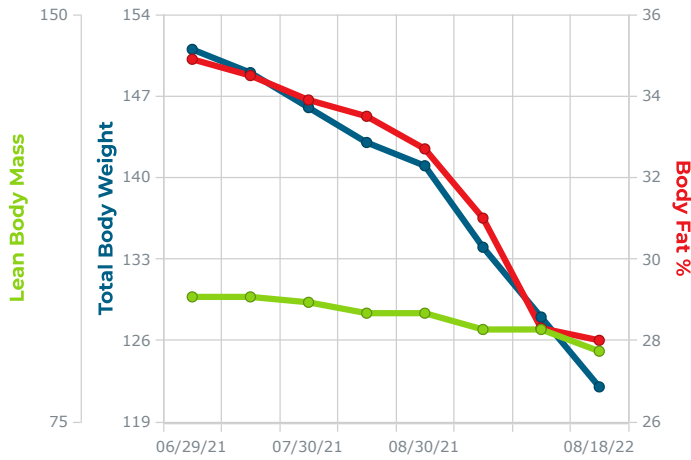
■ Lean Body Mass ■ Body Fat Goal
■ Excess Body Fat

Body Fat Guide

| |
|-------------------|
| Essential |
| Athletes |
| Fitness |
| Acceptable |
| At Risk |



Your Progress



Body Composition Change

| Test | Weight | LBM | BF | BF% |
|---------------------|---------|--------|---------|-------|
| Current | 122 lbs | 88 lbs | 34 lbs | 28% |
| Last | 128 lbs | 92 lbs | 36 lbs | 28.3% |
| Initial | 154 lbs | 91 lbs | 63 lbs | 41% |
| Change From Last | -6 lbs | -4 lbs | -2 lbs | -0.3% |
| Change From Initial | -32 lbs | -3 lbs | -29 lbs | -13% |

Your Dietary Plan

| | |
|------------------------------------|----------------|
| Basal Metabolic Rate (BMR): | 1,378 calories |
| BMR + ADL + Exercise: | 1,654 calories |
| Calorie Target: | 1,330 calories |
| Protein Goal: | 98 gms/day |
| Goal Date: | 2022-11-09 |

Activity Level

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

