



Body Composition Analysis

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Time: 8:38:12 AM
Location: Crossfit ATR
Operator: Ed
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About Your Analysis

- * Accurate measurement of your body fat % and lean mass
- * Detailed tracking of previous tests
- * A reference table showing where you are and where you should be
- * Calculation of your resting metabolic rate and total caloric burn

The human body is composed of metabolically active "lean" tissues like bone, muscle, internal organs, water, and adipose tissue (i.e., fat tissue). From both health and cosmetic standpoints, the relative amount of adipose tissue in your body is of concern. A variety of techniques have been developed to evaluate the total body fat percentage. Hydrostatic body fat testing is referred to as THE GOLD STANDARD, or the method by which all other methods measure their own accuracy. Our test uses a 3 compartment model that separates lean mass, water and fat and is far more accurate than the older 2 compartment model.

Client Data

Name: Jane Doe
 Phone: () - -
 Email: janedoe@email.com
 Sex: F
 Age: 28
 Height (in): 60
 Dry Weight (lb): 131
 Water Temp (F): 91

Body Fat

Weight (lb): 28.4 Percentage: 21.7%

Lean Body Mass

Weight (lb): 39 Percentage: 78.3%

Client History

	Date	Height	Weight	RMR	Lean Lb.	Fat Lb.	Water Lb.	Body Fat %	Fat % Change	Weight Change	Lean Lb. Change	Fat Lb. Change	Fat % Diff.
Current Test	2/28/2018	60	131	1524	39	28.4	63.6	21.7	-2.5	-6.5	0	-4.9	-10.33
	1/18/2018	60	137.5	1540	39	33.3	65.2	24.2					

Current Status and Goals

According to your age group and your percent fat of 21.7%, the closest value on the chart is 21.3, placing you at the 55% percentile with a rating of Average.

Percent Body Fat (%) - Females

Percentile	Twenties	Thirties	Forties	Fifties	Over 60	Rating
99	5.4	7.3	11.6	11.6	15.4	ESSENTIAL
95	10.8	13.4	16.1	18.8	16.8	
90	14.5	15.5	18.5	21.6	21.1	ATHLETIC
85	16.0	16.9	20.3	23.6	23.5	
80	17.1	18.0	21.3	25.0	25.1	HEALTHY
75	18.2	19.1	22.4	25.8	26.7	
70	19.0	20.0	23.5	26.6	27.5	
65	19.8	20.8	24.3	27.4	28.5	AVERAGE
60	20.6	21.6	24.9	28.5	29.3	
55	21.3	22.4	25.5	29.2	29.9	
50	22.1	23.1	26.4	30.1	30.9	BELOW AVERAGE
45	22.7	24.0	27.3	30.8	31.8	
40	23.7	24.9	28.1	31.6	32.5	UNHEALTHY
35	24.4	26.0	29.0	32.6	33.0	
30	25.4	27.0	30.1	33.5	34.3	
25	26.6	28.1	31.1	34.3	35.5	
20	27.7	29.3	32.1	35.6	36.6	
15	29.8	31.0	33.3	36.6	38.0	
10	32.1	32.8	35.0	37.9	39.3	
5	35.4	35.7	37.8	39.6	40.5	
1	40.5	40.0	45.5	50.8	47.0	

**Source: Data provided by Dr. Kenneth Cooper's Institute for Aerobics Research, Dallas, TX.
Adapted by permission.**

Target Weight

Obesity, or excessive body fat, is generally defined as a value greater than 30%. However, the detrimental health value of obesity does have a relationship to your age. It is far more severe to be at or above 30% at 50 years old than it is at 20 years old. your calculated percent body fat of 21.7% at a weight of 131 pounds is Below that level.

In general, normal health range of body fat percentage changes based on age. Therefore, your goal for optimum health should be at or a lower body fat percentage that is boxed in on the previous page, also known as the 70th percentile. The following chart is what your body fat percentage will be if you lose FAT ONLY.

% Fat	Target Weight	To Lose (lbs.)
21.7	131	Current
21.2	130	1
20.7	129	2
20.2	128	3
19.6	128	3
19.1	127	4
18.6	126	5

If you need to increase body fat to maintain a healthier level, use this chart to determine what your body fat percentage will be if you gain FAT ONLY:

% Fat	Target Weight	To Gain (lbs.)
21.7	131	Current
22.2	132	1
22.7	133	2
23.3	134	3
23.8	135	4
24.3	136	5
24.8	136	5

Another method of decreasing overall body fat percentage is to increase LEAN MUSCLE.

Weight Control Recommendations

Should you have a desire to reduce your percentage body fat, begin with a reasonable goal. Keep in mind that most of the current research indicates that if you want to lose fat only, you should keep your body weight loss at or below one pound per week, while maintaining an exercise program that is geared to maintain or increase lean muscle mass.

In general, most people think that in order to lose weight all they need to do is to cut back on the quantity of food that they eat. Losing weight in a healthy manner involves much more. It requires the incorporation of Behavior Modification, Nutritional Education, and understand of how the body uses and metabolizes carbohydrates, fats and proteins. Finally, most need initial help in meal planning.

The nutritional facet of this equation is offered as a courtesy to all who have been tested.

Resting Metabolic Rate

This rate varies between individuals, but according to your body composition, and assuming your body is functioning properly, you have a resting metabolic rate of **1524** calories per day and an approximate daily expenditure of **2177**. If your goal is to lose weight(fat), you would multiply your resting metabolic rate by 1.2 or 20% on days you exercise or just take in the RMR on days you rest or don't exercise.

Creating a caloric deficit of at least 500 calories will result in a net weight loss of at least 1 pound per week.

One smartphone app that is useful for tracking calories is MyFitnessPal.

Exercise

One of the most significant factors in weight control is the amount of physical activity in which you engage. Since most people slowly add weight and body fat over a long period, the logical way to reverse this process is to gradually increase activity over similar periods. Over time, these small increases in caloric expenditure become significant. The following list estimates how many calories you will burn in 30 minutes when participating in various activities. Your exact caloric expenditure will vary based on your experience and efficiency in a particular activity. As you continue to participate in the same activity, you become more efficient, and consequently, burn fewer calories. Therefore, participating in a variety of activities or extending the time in the same activity may be the most effective way to maximize caloric expenditure.

A MET (Metabolic Equivalent) is a constant that defines how many more calories you will burn during exercise. For example you will burn 10 times as many calories Bicycling, 14-15.9 Mph as you will at rest. For additional activities visit <https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories>

Note: Make sure you eat a light snack both before and after workouts. Both protein and complex carbohydrates are required to maintain lean mass. 80-100 calories should be plenty.

Calories burned in 30 minutes	METS	Activity	Calories burned in 30 minutes	METS	Activity
102	2.8	Walking, 2.0 Mph, Level, Firm Surface	272	7.5	Aerobic, Step, With 6 - 8 Inch Step
156	4.3	Walking, 3.5 Mph, Level	428	11.8	Rope Jumping, Moderate Pace, 100-120/Min
218	6	Walking, Backwards, 3.5 Mph, Level	283	7.8	Dancing (E.G., Disco, Folk, Irish Step Dancing, Line Dancing, Polka, Contra, Country)
192	5.3	Walking, 2.9 To 3.5 Mph, Uphill, 1-5% Grade	200	5.5	Ballroom, Fast
218	6	Jog/Walk Combination	91	2.5	Yoga, Hatha
301	8.3	Running, 5 Mph (12 Min/Mile)	109	3	Pilates
428	11.8	Running, 8 Mph (7.5 Min/Mile)	290	8	Basketball, Football Game
526	14.5	Running, 10 Mph (6 Min/Mile)	156	4.3	Golf, Walking, Carrying Clubs
689	19	Running, 12 Mph (5 Min/Mile)	254	7	Racquetball
127	3.5	Bicycling, Leisure, 5.5 Mph	265	7.3	Tennis (Doubles are 4.5)
290	8	Bicycling, 12-13.9 Mph	145	4	Volleyball (Competitive is 6)
363	10	Bicycling, 14-15.9 Mph	254	7	Soccer (Competitive is 10)
508	14	Bicycling, Mountain, Uphill, Vigorous	446	12.3	Rollerblading
290	8	Bicycling, 12-13.9 Mph	254	7	Backpacking
508	14	Bicycling, Mountain, Uphill, Vigorous	181	5	Kayaking
247	6.8	Bicycling, Stationary, 90-100 Watts	127	3.5	Canoeing, Rowing, For Pleasure
308	8.5	Bicycling, Spin Class	435	12	Canoeing, Rowing, In Competition
290	8	Circuit Training, With Kettlebells & Arobics	327	9	Skiing, Cross Country, 4.0-4.9 Mph
181	5	Elliptical Trainer	156	4.3	Skiing, Downhill, Alpine Or Snowboarding
181	5	Resistance (Weight) Training, Squats	254	7	Skating, Ice
127	3.5	Resistance (Weight) Training, Multiple Exercises	508	14	Skating, Ice Dancing
218	6	Resistance Training Power Lifting Or Body Building	356	9.8	Swimming Laps, Freestyle, Fast, Vigorous Effort
345	9.5	Aerobic, Step, With 10 - 12 Inch Step	210	5.8	Swimming Laps, Freestyle, Light or Moderate Effort