

BASELINE/MILESTONE CHECK (Body Composition)



Name: _____ Date: _____

Height: _____ Age: _____ Weight Today: _____

Body Mass Index (BMI)	HEALTHY	18.5 – 24.9	BMI only considers weight and height and can only diagnose obesity on the surface level. It is a medical expression of how much space you take up.
	OVERWEIGHT	25 – 29.9	
	OBESE	30 – 39.9	

Percentage Body Fat (% Total Weight)	Age	Underfat	Healthy	Overweight	Obese	Weight alone does not necessarily define obesity, because it doesn't take into account how much of that weight is muscle, fat, bone and water. Percentage Body Fat measures how much of your body weight comprises of fat, and therefore is a better indication of your health.
	WOMEN					
	20-40	< 21%	21 – 33%	34 – 39%	> 39%	
	41-60	< 23%	23 – 35%	36 – 40%	> 40%	
	60+	< 24%	24 – 36%	37 – 41%	> 41%	
	MEN					
	20-40	< 8%	8 – 19%	19 – 25%	> 25%	
	41-60	< 11%	11 – 22%	23 – 27%	> 27%	
	60+	< 12%	12 – 24%	35 – 30%	> 30%	

Total Body Water (%)	The amount of fluid in your body expressed as a percentage of your total weight. Hydration usually improves with fat loss.
WOMEN	45% – 60%
MEN	50% – 65%

Bone Mass (Weight in kg)	An estimated value based on a person of 40 years age and healthy. Accuracy could be affected by age, medication, and other factors such as osteoporosis, childbirth, women during or after menopause and people receiving hormone therapy.	
WOMEN - Compared to Weight		
W < 50kg	W 50 – 75kg	W > 75kg
1.95kg	2.40kg	2.95kg
MEN - Compared to Weight		
W < 65kg	W 65 – 95kg	W > 95kg
2.65kg	3.29kg	3.69kg

Metabolic Age (in years)	Increased weight bearing exercise will build healthy muscle tissue, improve your hydration levels and reduce the body fat percentage which will improve your metabolic age. This reading will measure a maximum metabolic age of up to 15 years above or below your actual age.
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Visceral Fat Rating	HEALTHY LEVEL	1 – 12	The fat within your internal abdominal cavity, surrounding the vital organs and the best indicator for risk of hypokinetic diseases.
	EXCESSIVE LEVEL	13 – 59	

Measurements (Total Body)	NECK	SHOULDERS	ARM	CHEST/BUST
	WAIST	HIPS	THIGH	CALF

Muscle Mass (Weight in kg)

Muscles act like an engine in that they consume energy. As your muscle mass increases so does your energy consumption, helping you reduce excess body fat and lose weight healthily.

Physique Rating

Fat Percentage: high, average, low

Muscle Mass Index: low, average, high

Basal Metabolic Rate	Daily Calorie Intake			
Daily Calorie Intake is an estimation of how many calories you can consume in the next 24 hours to maintain your current weight at your activity level.				
A measure of your Basal Metabolic Rate (measured) multiplied by your Activity Level:				
	< 2 hours	2 – 7 hours	7 – 10 hours	> 10 hours
WOMEN	1.56	1.64	1.82	Athlete
MEN	1.55	1.78	2.10	Athlete