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| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: Lonwabo | | | Age: 19 | | Height(cm): 170 | | Contact details: |
| BMI: 32.8 | | | | | | | | | |
| Date | Weight | Body Fat Range | % Body Water Range | Muscle Mass | Physique Rating | BMR | Metabolic Age | Bone Mass | Visceral Fat |
| 7/01/2020 | 94.7 | 21.3 | 56.9 | 70.8 | 3 | 2258/9446 | 29 | 3.7 | 6 |
| 14/01/2020 | 94.9 | 19.4 | 57.9 | 72.7 | 6 | 2311/9667 | 23 | 3.8 | 5.5 |
| 21/01/2020 | 95.9 | 20.0 | 57.6 | 73.0 | 6 | 2324/9725 | 24 | 3.8 | 5.5 |
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