



Body Composition Test Results

Name: Michael

Date: 1/23/16

| | T O D A Y | | G O A L | |
|--------|-----------|---|-----------|---|
| FAT | 21.6 | % | 40.1 lbs | ___ lbs <input type="checkbox"/> Gain <input type="checkbox"/> Lose ___ lbs |
| LEAN | 78.4 | % | 145.5 lbs | ___ lbs <input type="checkbox"/> Gain <input type="checkbox"/> Lose ___ lbs |
| WEIGHT | | | 185.6 lbs | ___ lbs |

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy and regulating hormones. For men, the minimal amount of "essential fat" is approximately 3-5%. For women, "essential fat" is approximately 12-15%. If too much fat accumulates over the years, health may be compromised (see table below).

Lean Mass: Lean mass is everything except the fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of lean mass contribute to physical fitness and may prevent conditions such as osteoporosis.

| ✓ | Body Fat Rating | Men | Women | Explanation |
|--------------------------|-----------------------|--------|--------|--|
| <input type="checkbox"/> | Risky (high body fat) | >30% | >40% | Too much body fat can pose serious health risks. Ask your health care professional about how to safely modify your body composition. |
| <input type="checkbox"/> | Excess Fat | 21-30% | 31-40% | Indicates an excess accumulation of fat over time. |
| <input type="checkbox"/> | Moderately Lean | 13-20% | 23-30% | Fat level is acceptable for good health. |
| <input type="checkbox"/> | Lean | 9-12% | 19-22% | Lower body fat levels than many people. This range is excellent for health and longevity. |
| <input type="checkbox"/> | Ultra Lean | 5-8% | 15-18% | Fat levels sometimes found in elite athletes. |
| <input type="checkbox"/> | Risky (low body fat) | <5% | <15% | Too little body fat can present health risks, especially for women. If in doubt, check with your health care professional. |

Model:
Siri

Est. RMR = 1,776 kcal/day

Est. TEE
(kcal/day)

Est. TEE
= Est. RMR x Activity Factor

2274

2682

3091

3695

| ACTIVITY | (FACTOR) |
|-------------|----------|
| Sedentary | (1.28) |
| Low Active | (1.51) |
| Active | (1.74) |
| Very Active | (2.08) |

Retest:
4/23/16

See info sheet for explanations