

# FITNESS FIRST GYM - BODY MASS INDEX (BMI) REPORT

Member Name: Rakesh Sharma

Membership ID: FF-019382

Date: 15 June 2025

Trainer: Anjali Mehra

Parameter	Value	Reference Range
Height	175 cm	-
Weight	82 kg	-
BMI (Body Mass Index)	26.8 kg/m2	18.5 - 24.9 (Normal)
BMI Category	Overweight	-

## INTERPRETATION

- Current BMI: 26.8 - categorized as Overweight.
- Ideal Weight Range: 56.5 kg - 76.6 kg
- Recommended Weight Loss Goal: 5-7 kg over 8-10 weeks

Remarks by Trainer:

"Rakesh has shown excellent consistency. Focus now on balanced nutrition and progressive overload in workouts. Avoid late-night snacking."

Signature (Trainer):

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Anjali Mehra

Certified Fitness Coach