



# WELLNESS EVALUATION 健康评估表

Name 姓名: \_\_\_\_\_ Date 日期: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Gender 性别: ☐ Female 女 / ☐ Male 男  
 FB 脸书: \_\_\_\_\_ Email 电邮: \_\_\_\_\_  
 Contact 联络号码: \_\_\_\_\_ Age 年龄: \_\_\_\_\_  
 Coach 教练: \_\_\_\_\_ Height 高度: \_\_\_\_\_

..... You need to 你目前需要 ☐ Loss 减重 / ☐ Gain 增重: \_\_\_\_\_ KG .....

	Current	Ideal
Body Weight 体重(kg)		
Body Fat 体脂率(%)		
Visceral Fat 内脏脂肪		
Bone Mass 骨量		
BMR 基础代谢率		
Metabolic Age 体内年龄		
Muscle Mass 肌肉量(kg)		
Physique Rating 体型类别		
Body Water 水份率(%)		

Health Condition 健康状况: \_\_\_\_\_

Ideal BodyFat 标准体脂脂肪									
Female 女生					Male 男生				
Age 年龄		Obese			Good	Healthy/Medium			Obese
Good	Healthy	Medium	Obese	Healthy		Medium	Obese		
18.2	22.0	25.0	>29.6	20-24	10.8	14.9	19.0	>23.3	
18.9	22.1	25.4	>25.4	25-29	12.8	16.5	20.3	>24.3	
19.7	22.7	26.4	>30.5	30-34	14.5	18.0	21.5	>25.2	
21.1	24.0	27.7	>31.5	35-39	16.1	19.3	22.6	>26.1	
22.6	25.6	29.3	>32.8	40-44	17.5	20.5	23.6	>26.9	
24.3	27.3	30.9	>34.1	45-49	18.6	21.5	24.5	>27.6	
25.2	28.2	31.8	>35.1	50-54	19.2	22.1	25.1	>28.2	
26.6	29.7	33.1	>36.2	55-59	19.8	22.7	25.6	>28.7	
27.4	30.7	34.0	>37.3	60+	20.2	23.3	26.2	>29.3	

## Visceral Fat 内脏脂肪

Female 女生	Male 男生	Health Condition 健康状况
1 - 2	1 - 4	Excellent 极好
2 - 4	5 - 8	Healthy 健康
5 - 9	9 - 12	Bad Health (need to lose tummy) 健康不良 (需要减肚腩)
Over 9	Over 12	Alarming (health high risk) 红灯超你 (健康高风险)
Female 女生		Male 男生
Bone Mass 骨量	<50KG = 1.95KG	<50KG = 2.65KG
	50KG - 75KG = 2.40KG	50KG - 75KG = 3.26KG
	>75KG = 2.95KG	>75KG = 3.69KG

## Physique Rating 体型类别

1	Obesity Recessive / Poor Health 隐形肥胖, 健康很差
2.3	Obesity & Recessive Weight Loss 肥胖过重, 需要减重
4	Malnutrition / Lack Of Muscle 营养不良/缺乏肌肉
5	Standard 标准
7	Too Thin, Need To Gain Weight 过瘦, 需要增重
6.8.9	Optimal, Sporty And Muscular 运动和肌肉型

## Body Water 水份率(%)

Female 女生 50%-55%	Male 男生 60%-65%
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Invited by 邀请人: \_\_\_\_\_