BOD POD® Body Composition Tracking System Analysis

SUBJECT INFORMATION

NAME Adam Gibbons

AGE 28

DATE OF BIRTH September 30, 1978

GENDER Male **HEIGHT** 74.8 in ID_1 3000 ID_2 4444

ETHNICITY General Population

OPERATOR Robert

05/23/07

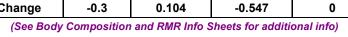
Change

8.1

-0.3

ANALYSIS DATE February 11, 2009

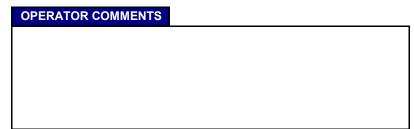
Date	% Fat	Fat Free	Body Weight	Est RMR
(mm/dd/yy)	(%)	Weight (lb)	(lb)	(kcal/day)
09/01/06	8.4	200.447	218.793	2379
09/15/06	7.9	201.267	218.456	2387
10/10/06	7.3	201.561	217.431	2388
10/15/06	7.1	201.874	217.402	2391
11/20/06	7.1	201.601	217.010	2388
11/27/06	7.0	201.730	216.944	2389
12/23/06	11.0	195.723	219.986	2335
12/29/06	11.9	196.284	222.766	2346
01/06/07	11.9	196.218	222.837	2345
01/28/07	11.7	196.658	222.804	2349
02/02/07	11.6	196.829	222.713	2351
02/17/07	11.4	196.771	222.087	2349
02/27/07	10.8	197.503	221.457	2355
03/14/07	10.1	198.882	221.196	2368
03/28/07	9.9	198.663	220.471	2365
04/01/07	9.3	199.260	219.772	2369
04/18/07	8.7	200.318	219.481	2379
05/02/07	8.6	199.877	218.769	2374
05/15/07	8.3	200.149	218.322	2376

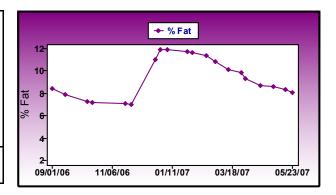


200.551

218.247

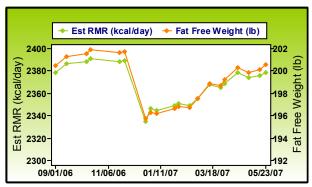
-0.547











2379

0

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OPERATOR COMMENTS

ANALYSIS DATE February 11, 2009

	→ Fat Weight (lb) →	Fat Free Weight (Ib)
27- 24- (q) 18- 18- 15- 12- 09/01	/06 11/06/06 01/11/07	202 (q) 200 198 A 196 A 196 A 194 tr 192 03/18/07 05/23/07

Date	Fat	Fat Free	Body	Est RMR	Est TEE
(mm/dd/yy)	Weight (lb)	Weight (lb)	Weight (lb)	(kcal/day)	(kcal/day)
09/01/06	18.3	200.4	218.7	2379	3592
09/15/06	17.1	201.2	218.4	2387	4153
10/10/06	15.8	201.5	217.4	2388	4155
10/15/06	15.5	201.8	217.4	2391	4160
11/20/06	15.4	201.6	217.0	2388	4155
11/27/06	15.2	201.7	216.9	2389	4157
12/23/06	24.2	195.7	219.9	2335	2989
12/29/06	26.4	196.2	222.7	2346	3003
01/06/07	26.6	196.2	222.8	2345	3541
01/28/07	26.1	196.6	222.8	2349	3547
02/02/07	25.8	196.8	222.7	2351	3550
02/17/07	25.3	196.7	222.0	2349	3547
02/27/07	23.9	197.5	221.4	2355	3556
03/14/07	22.3	198.8	221.1	2368	3576
03/28/07	21.8	198.6	220.4	2365	3571
04/01/07	20.5	199.2	219.7	2369	3577
04/18/07	19.1	200.3	219.4	2379	3592
05/02/07	18.8	199.8	218.7	2374	3585
05/15/07	18.1	200.1	218.3	2376	3588
05/23/07	17.6	200.5	218.2	2379	4139
Change	-0.6	0.1	-0.5	0	547



