**Weight Trainee Report - Over Weight**

| Sr. No. | Trainee ID | Name | BMI | Category | | 15-09-2024 | 15-10-2024 | 15-11-2024 |
|---|---|---|---|---|---|---|---|---|
| 1 | 701 | Muhammad Tahir | **Height:** 5.8<br>**BMI:** 28.83 (Over Weight)<br>Min: 55.19 kg<br>Max: 74.28 kg | Waist | | 37 | 37 | 36 |
| | | | | Weight | | 91 | 87 | 86 |
| | | | | Diff. in Waist (inches) | | - | 0.00 | -1.00 |
| | | | | Diff. in Weight (Kgs) | | - | -4.00 | -1.00 |
| 2 | 707 | Syed Qamar Raza Shah | **Height:** 5.9<br>**BMI:** 25.39 (Over Weight)<br>Min: 56.82 kg<br>Max: 76.48 kg | Waist | | 37 | 39 | 38 |
| | | | | Weight | | 90 | 87 | 78 |
| | | | | Diff. in Waist (inches) | | - | 2.00 | -1.00 |
| | | | | Diff. in Weight (Kgs) | | - | -3.00 | -9.00 |
| 3 | 712 | Mohammad Yasir Mirza | **Height:** 5.10<br>**BMI:** 28.79 (Over Weight)<br>Min: 58.48 kg<br>Max: 78.72 kg | Waist | | 37 | 37 | 38 |
| | | | | Weight | | 89 | 90 | 91 |
| | | | | Diff. in Waist (inches) | | - | 0.00 | 1.00 |
| | | | | Diff. in Weight (Kgs) | | - | 1.00 | 1.00 |
| 4 | 713 | Obed Khurram | **Height:** 6.2<br>**BMI:** 26.61 (Over Weight)<br>Min: 65.36 kg<br>Max: 87.97 kg | Waist | | 40 | 40 | 38 |
| | | | | Weight | | 102 | 97 | 94 |
| | | | | Diff. in Waist (inches) | | - | 0.00 | -2.00 |
| | | | | Diff. in Weight (Kgs) | | - | -5.00 | -3.00 |
| 5 | 714 | muhammad younas khan | **Height:** 5.11<br>**BMI:** 26.44 (Over Weight)<br>Min: 60.17 kg<br>Max: 80.98 kg | Waist | | 36 | 36 | 37 |
| | | | | Weight | | 86 | 87 | 86 |
| | | | | Diff. in Waist (inches) | | - | 0.00 | 1.00 |
| | | | | Diff. in Weight (Kgs) | | - | 1.00 | -1.00 |
| 6 | 715 | Muhammad Naeem Majoka | **Height:** 6<br>**BMI:** 25.12 (Over Weight)<br>Min: 61.87 kg<br>Max: 83.28 kg | Waist | | 35 | 37 | 35 |
| | | | | Weight | | 86 | 84 | 84 |
| | | | | Diff. in Waist (inches) | | - | 2.00 | -2.00 |
| | | | | Diff. in Weight (Kgs) | | - | -2.00 | 0.00 |

**Weight Trainee Report - Over Weight**

| Sr. No. | Trainee ID | Name | BMI | Category | 15-09-2024 | 15-10-2024 | 15-11-2024 |
|---------|-----------|------|-----|----------|-----------|-----------|-----------|
| 7 | 716 | Salman Agha | **Height:** 5.9<br>**BMI:** 28.98 (Over Weight)<br>Min: 56.82 kg<br>Max: 76.48 kg | Waist<br>Weight<br>Diff. in Waist (inches)<br>Diff. in Weight (Kgs) | 36<br>90<br>-<br>- | 36<br>89<br>0.00<br>-1.00 | 36<br>89<br>0.00<br>0.00 |
| 8 | 717 | Shahzaman. Khan | **Height:** 5.10<br>**BMI:** 26.89 (Over Weight)<br>Min: 58.48 kg<br>Max: 78.72 kg | Waist<br>Weight<br>Diff. in Waist (inches)<br>Diff. in Weight (Kgs) | 38<br>86<br>-<br>- | 38<br>86<br>0.00<br>0.00 | 36<br>85<br>-2.00<br>-1.00 |
| 9 | 720 | Tahir Iqbal khan | **Height:** 5.11<br>**BMI:** 27.67 (Over Weight)<br>Min: 60.17 kg<br>Max: 80.98 kg | Waist<br>Weight<br>Diff. in Waist (inches)<br>Diff. in Weight (Kgs) | 37<br>91<br>-<br>- | 35<br>90<br>-2.00<br>-1.00 | 36<br>90<br>1.00<br>0.00 |