

## Anthropometry Testing Report

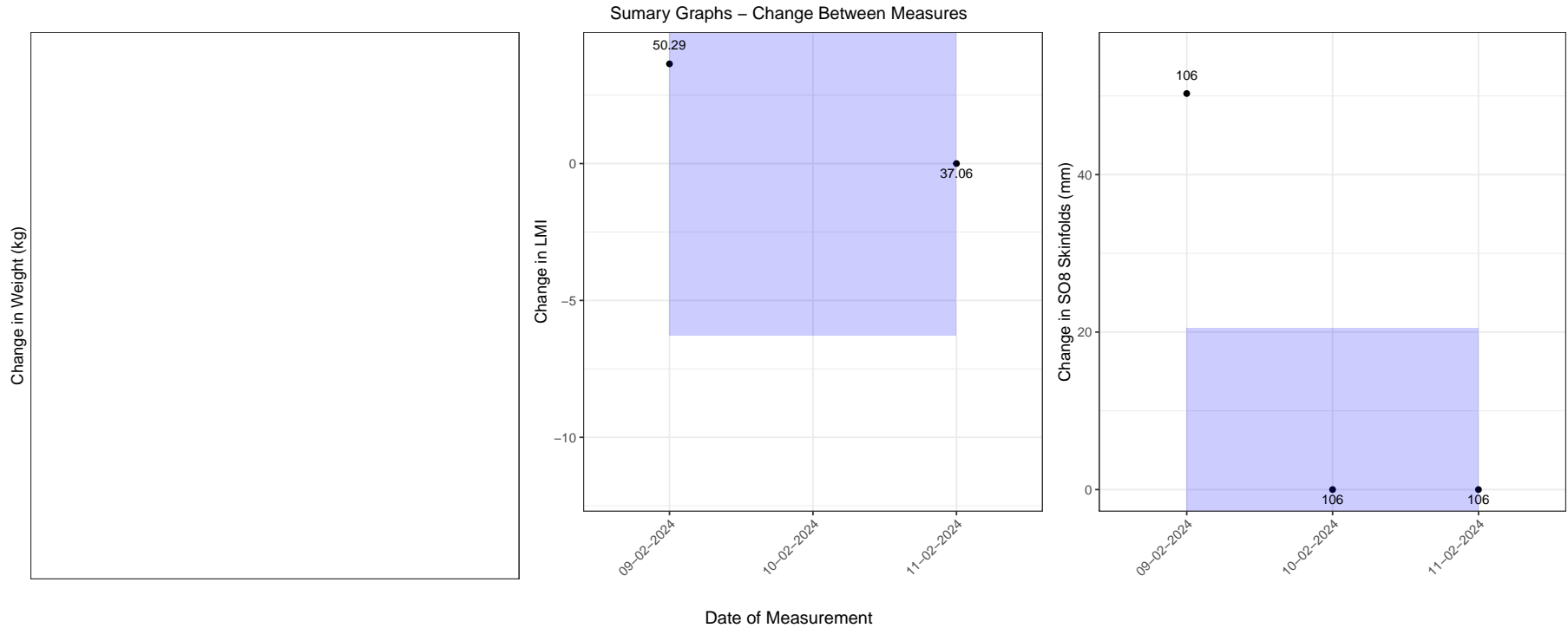
**Athlete Name: MacKenzie Copp**

### Testing Data Overview:

Date of Measurement	Weight (kg)	Lean Mass Index (LMI)	Sum of 8 Skinfolds (SO8)
<b>11-02-2024</b>	<b>70</b>	<b>37.06</b>	<b>106.0</b>
10-02-2024	70	37.06	106.0
09-02-2024	95	50.29	106.0
06-12-2024	80	46.65	55.7

- Weight is impacted by several factors including: time of day, the scale you use, what you ate before the test, hydration status, menstruation, and creatine supplementation.
- Lean Mass Index (LMI) tracks changes in body mass that is not associated with changes in skinfolds. Higher LMI equates to a relative increase in muscle mass.

## Testing Data Graphs:



The shaded region indicates the smallest worthwhile change in measurement. In other words, any bar that extends beyond the shaded region indicates a meaningful change since the last measure. Any bar within the shaded region indicates a change that is not meaningful.

## Summary:

This is a high-level summary of your current measurement and how it relates to your previous measurement. Please reach out to your support team if you have any questions. \*\*Meaningful change is defined using Cohen's d of  $>0.2$ .

Metrics	Notes
Weight	
LMI	Your LMI has changed by 0 of a unit since your last measurement. This is below the threshold to deem it a meaningful change.
SO8	Your skinfold has changed by 0 mm since your last measurement. This is below the threshold to deem it a meaningful change.
Comments	test1

Additional Graphs - Girths:

