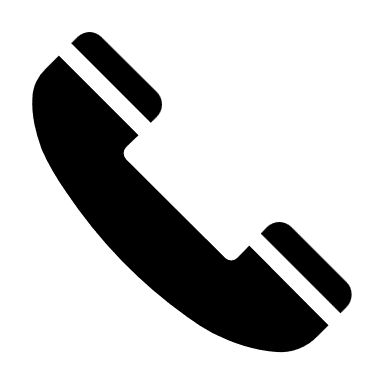
Name: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Age: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

Cell: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Height: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

Date: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Weight: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

WORLD OBESITY AWARENESS

Life Style Coach Divya  : 7569172035

Name:………………………………………………………………………….Place:……………………………………..Date:…………………………….

Height:…………………………………. Weight:………………………….Body Fat:…………………………..Body Age:…………………………

BMI:……………………………………………………… BMR:………………………………… Visceral Fat:…………………………………………….

Sub Cutaneous Fat:……………………………………………………………..Muscle Fat:…………………………………………………………….

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BODY FAT%** | **EXCELLENT** | **NORMAL** | **HIGH** | **VERY HIGH** |
| **MALE** | **10-20%** | **20-25%** | **Above 25%** |
| **FEMALE** | **20-25%** | **25-30%** | **Above 30%** |

|  |  |
| --- | --- |
| **B.M.I Classification** | |
| **Less than 18.5** | **Underweight** |
| **More than 18.5 to 25** | **Normal** |
| **More than 25 to 30** | **Obese [Level 1]** |
| **More than 30 to 35** | **Obese [Level 2]** |
| **More than 35 to 40** | **Obese [Level 3]** |
| **40 or more** | **Obese [Level 4]** |

|  |  |  |  |
| --- | --- | --- | --- |
| **VISCERAL FAT** | **NORMAL** | **HIGH** | **VERY HIGH** |
| **2-6** | **7-12** | **12 or Above** |

|  |  |  |  |
| --- | --- | --- | --- |
| **MUSCLE MASS** | | | |
| **GENDER** | **LOW** | **HIGH** | **GOOD** |
| **MALE** | **20-32%** | **32-36%** | **Above 36** |
| **FEMALE** | **15-25%** | **25-33%** | **Above 33** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **HEIGHT** | **WEIGHT** | |  | **HEIGHT** | **WEIGHT** | |
| **MEN** | **WOMEN** | **MEN** | **WOMEN** |
| 1.52 Mts(5’0”) | 51-55 | 51-55 | 1.72 Mts(5’8”) | 66-71 | 62-67 |
| 1.54 Mts(5’1”) | 52-55 | 52-55 | 1.75 Mts(5’9”) | 68-73 | 64-69 |
| 1.57 Mts(5’2”) | 56-60 | 56-60 | 1.77 Mts(5’10”) | 69-74 | 66-70 |
| 1.60 Mts(5’3”) | 57-61 | 57-61 | 1.80 Mts(5’11”) | 71-76 | 67-72 |
| 1.62 Mts(5’4”) | 59-63 | 59-63 | 1.82 Mts(6’0”) | 73-78 | 67-74 |
| 1.65 Mts(5’5”) | 61-65 | 61-65 | 1.85 Mts(6’1”) | 75-81 | --- |
| 1.67 Mts(5’6”) | 62-67 | 62-67 | 1.87 Mts(6’2”) | 77-84 | --- |
| 1.70 Mts(5’7”) | 64-68 | 64-68 | ------ | --------- | -------- |

**NOTE:**

**COME WITHOUT HAVING BREAKFAST**

**Timings:**

**8:00 am to 9:00 am**

**Poorvans Live Wellness Club**

LIG : 154/1, 4th Phase, KPHB Colony, Hyderabad.

“ONE VISIT CAN CHANGE YOUR LIFE”