Name: **Start Date:**

What is it?		Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :	Date Time / / :
	Total body weight, bones, muscle, tissue, water, body fat and all									
	Simple index of weight-for-height that is commonly used to classify weight in adults									
	The % of the body that is made up of fat									
	% of water in your body. Are you dehydrated?									
	The weight of muscle in your body (Kg)									
	Your physique rating according to the ration of body fat & muscle in your body									
	The weight of bone in your body (Kg)									
	Calculation of your basal metabolic rate									
	Calculation of your basal metabolic age									
	Rating on the amount of fat surrounding your internal organs (visceral)									