

Body Composition Analysis

Date: 7/29/2009
Time: 10:51 AM
Location: Newbury Park Athletic Club
Operator: Linda

Linda Finley 805.205.5356

About Your Analysis

The human body is composed of bone, muscle, internal organs, water, and adipose tissue (i.e., FAT tissue). From both health and cosmetic standpoints, the relative amount of adipose tissue in your body is of concern. A variety of techniques have been developed to evaluate the total body fat percentage. Hydrostatic Body Fat Testing is referred to as **THE GOLD STANDARD**, or the method by which all other methods measure their own accuracy.

Client Data:

Name: John J. Platero
Phone: 310-505-8116
Sex: M
Age: 50
Height (in.): 66.75
Residual Volume (L): 1.981
Dry Weight (lb): 163.25
Wet Weight (lb): 8.69
Water Temperature (°F): 92

Body Fat:

Body Fat Percentage: 7.6 %
Weight of Body Fat (lb): 12.4

Lean Body Mass:

Lean Body Mass Percentage: 92.4 %
Weight of Lean Body Mass (lb): 150.85

Client History:	<u>Date</u>	<u>Weight</u>	<u>Lean Lb.</u>	<u>Fat Lb.</u>	<u>Body Fat%</u>
Current Test:	7/29/2009	163.25	150.85	12.4	7.6 %
Previous Test:	1/7/2009	164	149.1	14.9	9.1 %
Previous Test:	8/8/2008	157	151.5	5.5	3.5 %
Previous Test:	4/30/2008	168.5	151.4	17.1	10.1 %

For additional information, please access www.BodyFatTest.com
Or Contact
bodyfattestventura@gmail.com