

Client name: Adam Willis

Height: 178cm

Age: 35

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
11/5/15	94.8	29.9	37.2	28.5	1908	66	13				
18/5/15	94.0	29.7	36.2	29.2	1904	64	13				
22/5/15	92.9	29.3	36.0	29.1	1887	64	13				
29/5/15	93.9	29.6	35.1	29.9	1910	63	13				
26/6/15	92.0	29.0	36.4	28.7	1866	64	13				
7/7/15	90.6	28.6	35.5	29.3	1851	62	12				
14/7/15	91.0	28.7	34.6	30.0	1866	61	12				
21/7/15	89.1	28.1	34.2	30.1	1837	60	12				
28/7/15	89.2	28.2	33.3	30.8	1846	59	12				
3/8/15	88.2	27.8	33.4	30.6	1828	59	11				
14/8/15	87.8	27.7	31.6	31.9	1835	57	11				
10/11/15	82.0	25.9	27.9	33.9	1759	51	9				
20/1/16	79.7	25.2	27.1	34.2	1725	49	8				
26/1/16	81.2	25.6	25.9	35.1	1756	49	9				
3/2/16	81.5	25.7	26.6	34.7	1757	50	9				
10/2/16	82.5	26.0	27.6	34.1	1768	51	9				
17/2/16	80.6	25.4	27.6	33.9	1737	50	9				
23/2/16	81.1	25.6	27.0	34.4	1748	50	9				
1/3/16	79.4	25.1	26.4	34.7	1724	48	8				