

Client name: Example four

Height: 197cm

Age: 31

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
30/8/13	121.8	31.4	29.2	32.9	2280	80	12				
13/9/13	120.6	31.1	31.0	32.0	2264	80	12				
16/9/13	121.2	31.2	28.7	33.2	2273	80	12				
23/9/13	121.2	31.2	27.6	33.8	2272	80	12				
30/9/13	120.9	31.2	27.7	33.7	2269	80	12				
7/10/13	120.4	31.0	27.5	33.8	2263	80	12				
14/10/13	118.9	30.6	28.1	33.5	2242	80	11				
21/10/13	118.7	30.6	28.0	33.6	2241	80	11				
11/11/13	117.3	30.2	26.9	34.1	2223	79	11				
18/11/13	116.4	30.0	25.9	34.7	2212	79	11				
25/11/13	115.2	29.7	26.4	34.5	2196	78	11				
9/12/13	113.4	29.2	25.8	34.8	2174	76	10				
16/12/13	114.0	29.4	25.1	35.2	2181	77	10				
23/12/13	113.4	29.2	24.3	35.5	2174	76	10				
6/1/14	113.7	29.3	25.5	34.9	2177	76	10				
13/1/14	113.6	29.3	25.3	35.0	2176	76	10				
20/1/14	113.3	29.2	24.6	35.4	2172	76	10				
27/1/14	112.9	29.1	25.7	34.8	2167	76	10				
7/2/14	111.8	28.8	26.2	34.6	2153	75	10				
10/2/14	113.2	29.2	23.7?	35.9?	2171	76	10				
17/2/14	111.6	28.8	24.2	35.6	2151	75	10				
25/2/14	112.2	28.9	25.0	35.2	2159	75	10				
5/3/14	111.6	28.8	25.4	35.0	2151	75	10				
10/3/14	113.0	29.1	25.3	35.0	2168	76	10				
17/3/14	112.4	29.0	24.8	35.3	2161	75	10				
24/3/14	111.2	28.7	24.9	35.3	2145	74	10				
31/3/14	111.3	28.7	24.2	35.7	2148	74	9				
7/4/14	111.4	28.7	25.8	34.8	2147	75	10				
15/4/14	111.8	28.8	24.3	35.6	2153	75	10				
22/4/14	111.8	28.8	24.1	35.7	2154	75	10				
28/4/14	110.9	28.6	25.1	35.2	2142	74	10				
5/5/14	110.3	28.4	25.7	34.9	2134	74	10				

Client name: Example four

Height: 197cm

Age: 33

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
PB's	111.2	28.7	24.1	35.7	-	74	9				
12/5/14	110.4	28.4	24.0	35.8	2136	74	9				
23/5/14	112.0	28.9	26.8	34.2	2151	76	10				
26/5/14	112.0	28.9	24.9	35.2	2152	76	10				
2/6/14	111.3	28.7	25.4	35.0	2145	75	10				
6/6/14	111.4	28.7	26.1	34.5	2144	75	10				
17/6/14	112.6	29.0	26.3	34.1	2160	76	10				
23/6/14	112.8	29.1	26.4	34.4	2163	76	10				
30/6/14	112.0	28.9	25.7	34.8	2153	76	10				
7/7/14	111.6	28.9	25.1	35.1	2148	75	10				
14/7/14	112.9	29.1	25.6	34.8	2164	76	10				
21/7/14	113.0	29.1	24.9	35.2	2166	76	10				
31/7/14	112.0	28.9	25.2	35.0	2152	76	10				
8/9/14	115.0	29.6	25.8	34.7	2191	78	10				
15/9/14	114.8	29.6	25.9	34.6	2188	78	10				
22/9/14	114.3	29.5	25.0	35.1	2182	77	10				
30/9/14	114.1	29.4	26.8?	34.2?	2179	77	11				
7/10/14	113.1	29.1	26.5	34.4	2166	76	10				
13/10/14	114.9	29.6	25.2	35.0	2189	78	10				
20/10/14	114.6	29.5	25.0	35.1	2186	78	10				
27/10/14	114.7	29.6	25.0	35.1	2187	78	10				
11/11/14	114.4	29.5	26.7	34.2	2183	77	11				
18/11/14	114.6	29.5	26.5	34.3	2186	78	11				
24/11/14	111.5	28.7	25.4	34.9	2146	75	10				
2/12/14	111.0	28.6	24.7	35.3	2141	75	10				
10/12/14	110.2	28.4	24.1	35.6	2130	74	9				
15/12/14	110.2	28.4	23.8	35.8	2130	74	9				
24/12/14	110.3	28.4	23.6	35.9	2132	74	9				
29/12/14	109.0	28.1	24.1	35.6	2115	73	9				
5/1/15	108.6	28.0	23.7	35.8	2109	73	9				
12/1/15	108.5	28.0	24.2	35.6	2108	73	9				
19/1/15	107.6	27.7	23.7	35.9	2097	73	9				

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Age: 33

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
PB's	107.6	27.7	23.6	35.9	2108	73	9				
26/1/15	108.0	27.8	23.3	36.1	2102	72	9				
6/2/15	106.1	27.3	23.7	35.9	2077	71	9				
9/2/15	106.9	27.5	21.7?	36.9?	2089	71	8?				
16/2/15	106.9	27.5	22.3	36.6	2088	71	9				
25/2/15	107.6	27.7	23.6	35.9	2097	72	9				
16/3/15	106.0	27.3	23.3	36.1	2076	70	8				
23/3/15	105.6	27.2	22.4	36.6	2072	70	8				
10/4/15	108.5	28	24.7	35.3	2108	73	9				
20/4/15	107.3	27.6	24.0	35.7	2093	72	9				
27/4/15	107.5	27.7	22.4	36.6	2096	72	9				
4/5/15	106.6	27.5	23.5	36.0	2085	71	9				
11/5/15	107.8	27.8	22.2	36.7	2101	72	9				
23/5/15	106.8	27.5	24.9	35.2	2083	72	9				
1/6/15	108.1	27.9	23.8	35.7	2101	73	9				
9/6/15	108.3	27.9	24.0	35.6	2102	73	9				
15/6/15	108.2	27.9	22.7	36.3	2103	73	9				
22/6/15	108.1	27.9	23.8	35.8	2101	73	9				
6/7/15	108.8	28.0	22.5	36.4	2110	73	9				
20/7/15	108.4	27.9	24.6	35.3	2104	73	9				
27/7/15	108.9	28.1	23.9	35.6	2111	73	9				
3/8/15	108.1	27.9	23.2	36.1	2101	73	9				
12/8/15	107.3	27.6	24.1	35.6	2090	72	9				
31/8/15	108.0	27.8	23.8	35.7	2099	73	9				
7/9/15	107.5	27.7	22.7	35.8	2093	72	9				
16/09/15	107.7	27.8	24.5	35.4	2094	72	9				
21/9/15	108.9	28.1	23.3	36.0	2110	73	9				
30/9/15	107.2	27.6	23.3	36.0	2089	72	9				
5/10/15	108.6	28.0	23.2	36.0	2106	73	9				

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Age: 34

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
PB's	105.6	27.2	22.4	36.6	2072	70	8				
12/10/15	108.6	28.0	23.5	35.8	2106	73	9				
19/10/15	108.2	27.9	22.3	36.5	2103	73	9				
26/10/15	108.0	27.8	23.2	36.0	2099	73	9				
9/11/15	109.5	28.2	23.1	36.1	2120	74	9				
19/11/15	108.6	28.0	24.1	35.6	2106	73	10				
23/11/15	109.0	28.1	23.0	36.1	2113	73	9				
30/11/15	108.0	27.8	21.6	36.9	2100	72	9				
7/12/15	107.7	27.8	21.7	36.8	2096	72	9				
23/12/15	107.2	27.6	23.0	36.2	2089	72	9				
28/12/15	108.0	27.8	21.2	37.1	2099	72	9				
30/12/15	107.9	27.8	24.6	35.3	2097	73	9				
18/1/16	109.8	28.3	22.9	36.2	2123	74	9				
26/1/16	109.5	28.2	24.3	35.5	2119	74	10				
1/2/16	108.6	28.0	21.4	36.9	2106	73	9				
8/2/16	107.8	27.8	21.5	36.9	2097	72	9				
15/2/16	107.1	27.6	21.5	37.2	2088	72	8				
22/2/16	107.6	27.7	22.0	36.7	2095	72	9				
29/2/16	107.4	27.7	21.6	36.9	2092	72	9				
17/3/16	108.0	27.8	23.5	35.9	2099	73	9				
21/3/16	108.3	27.9	24.1	35.5	2102	73	9				
2/4/16	107.1	27.6	23.1	36.1	2087	72	9				
9/4/16	107.1	27.6	21.6	36.9	2088	72	9				
16/4/16	105.9	27.3	21.3	37.1	2073	71	9				
30/4/16	107.0	27.6	23.2	36.0	2087	72	9				
7/5/16	104.9	27.0	22.0	36.7	2060	70	9				
14/5/16	105.5	27.2	22.1	36.6	2065	71	9				
21/5/16	105.8	27.3	20.8	37.2	2069	71	9				
28/5/16	105.1	27.1	21.3	37.0	2060	70	8				

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Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
PB's	104.9	27.1	20.8	37.2	2060	70	8				
4/6/16	104.4	26.9	20.8	37.3	2058	70	8				
18/6/16	104.7	27.0	22.5	36.4	2054	70	9				
25/6/16	104.7	27.0	23.2	36.0	2054	70	9				
2/7/16	102.9	26.5	21.5	36.9	2031	68	8				
16/7/16	102.9	26.5	21.4	36.9	2031	68	8				
30/7/16	102.9	26.5	21.7	36.8	2031	68	8				
6/8/16	101.7	26.2	22.1	36.6	2015	67	8				
20/8/16	103.3	26.6	19.9	37.7	2038	69	8				
27/8/16	102.0	26.3	21.1	37.1	2020	68	8				
3/9/16	102.8	26.5	19.9	37.7	2030	68	8				
10/9/16	103.4	26.6	21.3	37.0	2038	69	8				
1/10/16	104.7	27	21.7	36.8	2055	70	8				
8/10/16	104.1	26.8	22.6	36.3	2046	70	8				
15/10/16	104.2	26.8	21.9	36.7	2048	69	8				
22/10/16	103.8	26.7	21.7	36.8	2043	69	8				
4/11/16	103.7	26.7	21.3	37.0	2042	69	8				
11/11/16	103.7	26.7	19.9	37.7	2042	69	8				
19/11/16	103.2	26.6	20.9	37.2	2038	69	8				
26/11/16	103.4	26.6	20.6	37.4	2038	69	7				
2/12/16	103.2	26.6	20.0	37.6	2036	69	8				
10/12/16	103.8	26.7	21.1	37.1	2044	69	8				
17/12/16	103.6	26.7	21.0	37.1	2041	69	8				
24/12/16	102.6	26.4	20.7	37.3	2028	68	8				
7/1/17	103.0	26.5	20.0	37.7	2033	68	8				
14/1/17	103.0	26.5	20.0	37.7	2033	68	8				
26/1/17	104.5	26.9	21.6	36.8	2052	70	8				
11/2/17	102.9	26.5	21.6	36.8	2031	68	8				
18/2/17	104.2	26.8	22.9	36.1	2047	70	9				
25/2/17	103.3	26.6	22.0	36.6	2037	69	8				
3/3/17	103.5	26.7	20.8	37.3	2039	69	8				