

Client name: Example one

Height: 167 cm

Age: 28

Date	Weight	BMI	Body Fat %	Skeletal Muscle %	Resting Metabolism	Body Age	Visceral Fat Level	Waist S.C.	Waist Navel	Waist Widest	Hips
24/7/17	81.3	29.2	43.9	24.4	1526	46	6				
31/7/17	79.8	28.6	43.7	24.3	1509	45	6				
7/8/17	79.0	28.3	42.9	24.8	1503	45	6				
14/8/17	78.6	28.2	40.3	26.4	1511	43	6				
21/8/17	77.4	27.8	41.4	25.5	1490	43	6				
31/8/17	76.1	27.3	40.3	26.1	1480	42	6				
4/9/17	76.3	27.4	39.6	26.5	1485	42	6				
11/9/17	74.2	26.6	39.8	26.1	1458	40	5				
18/9/17	74.0	26.5	38.8	26.7	1460	40	5				
25/9/17	73.0	26.2	38.0	27.0	1451	39	5				
9/10/17	71.7	25.7	35.3	28.6	1448	37	5				
16/10/17	70.7	25.4	35.2	28.4	1435	36	5				
24/10/17	70.1	25.1	35.8	28.0	1424	36	5				
30/10/17	69.7	25.0	35.0	28.4	1423	36	5				
6/11/17	68.4	24.5	34.7	28.4	1408	34	5				
13/11/17	68.0	24.4	32.9	29.4	1411	33	5				
20/11/17	67.8	24.3	33.0	29.3	1408	33	4				
27/11/17	67.8	24.3	31.3	30.4	1416	32	4				
4/12/17	67.3	24.1	32.1	29.8	1406	32	4				
11/12/17	67.9	24.3	31.0	30.6	1419	32	4				
18/12/17	66.5	23.8	32.1	29.7	1394	32	4				
8/1/18	66.8	24.0	30.4	30.8	1406	31	4				
15/1/18	66.7	23.9	31.6	30.0	1399	32	4				
22/1/18	66.5	23.8	29.9	31.1	1405	31	4				
29/1/18	66.9	24.0	29.8	31.2	1412	31	4				
5/2/18	66.3	23.8	29.8	31.1	1403	30	4				
12/2/18	67.0	24.0	30.5	30.8	1409	31	4				
19/2/18	66.8	24.0	29.6	31.3	1411	31	4				
5/3/18	66.2	23.7	30.4	30.7	1399	31	4				
14/3/18	66.4	23.8	27.9	32.2	1415	29	4				

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PB's	66.2	23.7	27.9	32.2	1394	29	4				
19/3/18	65.9	23.6	29.9	30.9	1397	30	4				
26/3/18	66.4	23.8	28.4	31.9	1412	30	4				
23/4/18	64.8	23.2	29.0	31.6	1386	29	4				
30/4/18	64.4	23.1	29.6	30.9	1378	29	4				
28/5/18	63.7	22.8	29.3	30.9	1369	28	4				
4/6/18	64.3	23.1	27.1	32.4	1388	28	4				
13/6/18	64.3	23.1	27.7	32.0	1385	28	4				
18/6/18	63.7	22.8	30.4	30.2	1365	29	4				
26/6/18	63.3	22.7	29.9	30.4	1362	28	4				
2/7/18	63.0	22.6	28.2	31.5	1365	28	4				
13/8/18	63.7	22.8	30.4	30.2	1365	29	4				
20/8/18	63.4	22.7	28.5	31.3	1369	28	4				
27/8/18	63.6	22.8	30.1	30.4	1365	28	4				
3/9/18	64.6	23.2	30.4	30.4	1377	29	4				
10/9/18	65.5	23.5	30.3	30.6	1389	30	4				
17/9/18	61.1	21.9	28.3	30.9	1340	26	4				