JUSTINTIME
PERSONAL TRAINING
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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				

ABN: 53 160 524 167
Account Details:
Bank of Queensland
Just In Time Personal Training
BSB: 124 001 Account No: 21883640

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