

BODY COMPOSITION REPORT

Client:	Macdonald, Mairi-Anne
Client ID:	MM0211641215

DESCRIPTION	BASELINE	REVIEW	RESULTS	REVIEW	RESULTS	REVIEW	RESULTS	REVIEW
Date (DD/MM/YYYY)	19/01/2016	16/02/2016	16/02/2016	17/03/2016	17/03/2016	14/04/2016	14/04/2016	11/05/2016
Weight (kg)	95.9	92.5	3.4	88.3	4.2	87.8	0.5	85.1
Endomorphy	9	8.6	1.6	8.1	0.5	8.1	0	7.3
Mesomorphy	6.8	6.4	0.4	5.8	0.6	5.6	0.2	6.2
Ectomorphy	0.1	0.1	0	0.1	0	0.1	0	0.1
Waist/Hip Ratio	0.74	0.73	0.01	0.72	0.01	0.72	0	0.72
Waist Girth (cm)	92.5	89.7	2.8	85.9	3.8	84.7	1.2	82.3
Gluteal Girth (cm)	125.6	123.7	1.9	119.2	4.5	117.4	1.8	115.3
Body Fat %	40.8	37.9	2.9	33.9	4	31.7	2.2	28.6

DESCRIPTION	RESULTS	REVIEW	RESULTS	REVIEW	RESULTS	REVIEW	RESULTS	REVIEW
Date (DD/MM/YY)	11/05/2016	08/06/2016	08/06/2016	06/07/2016	06/07/2016	02/08/2016	02/08/2016	31/08/2016
Weight (kg)	2.7	82.3	2.8	77.8	4.5	75.7	2.1	74.7
Endomorphy	0.8	6.6	0.7	6.3	0.3	5.8	0.5	5.4
Mesomorphy	0.6	5.8	0.4	5.6	0.2	4.7	0.8	5.9
Ectomorphy	0	0.2	0.1	0.5	0.3	0.7	0.2	0.8
Waist/Hip Ratio	0	0.72	0	0.71	0.01	0.7	0.01	0.7
Waist Girth (cm)	2.4	82	0.3	78.7	3.3	76.3	2.4	76.2
Gluteal Girth (cm)	2.1	114.6	0.7	110.4	4.2	109.8	0.6	107.6
Body Fat %	3.1	25.9	2.6	21.8	4.1	20.1	1.7	19

BODY TRANSFORMATION PHOTOS

BASELINE

Date (19/01/2016)

Date (16/02/2016)

Date (17/03/2016)



BODY TRANSFORMATION PHOTOS

Date (14/04/2016)

Date (11/05/2016)

Date (08/06/2016)



BODY TRANSFORMATION PHOTOS

Date (06/07/2016)

Date (02/08/2016)

Date (31/08/2016)



BODY TRANSFORMATION PHOTOS

Date (19/01/2016)

Date (16/02/2016)

Date (17/03/2016)



BODY TRANSFORMATION PHOTOS

Date (14/04/2016)

Date (11/05/2016)

Date (08/06/2016)

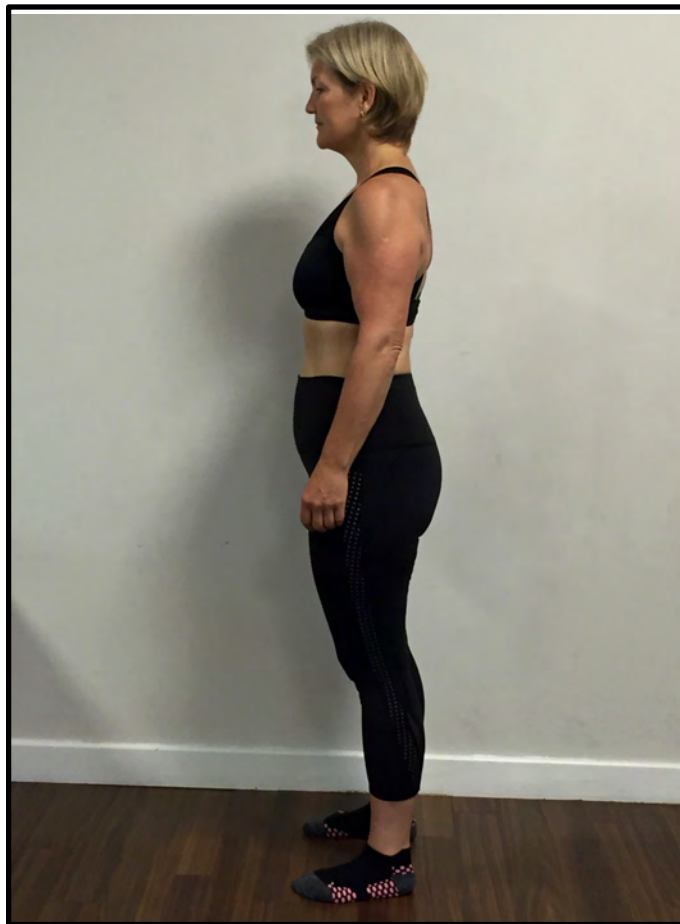


BODY TRANSFORMATION PHOTOS

Date (06/07/2016)

Date (02/08/2016)

Date (31/08/2016)



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