

Current planning

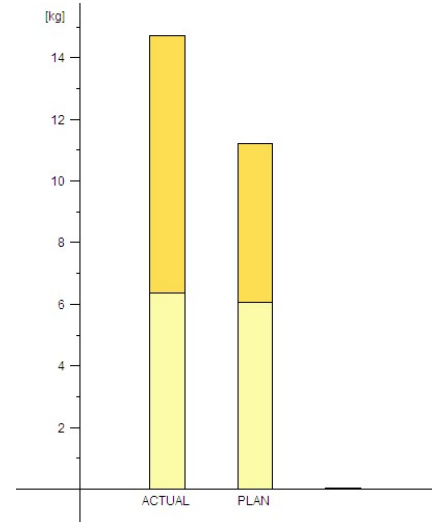


Jane Doe

Age	Height	Gender	Date	Consultant	More information
30	165 cm	female	01.04.2013	Joe FatBurner	www.futrex.de

Only those who consciously define goals and pursue them, directs their unconscious forces on his actions. Goals serve as the concentration of forces on the actual focus. It does not matter **what** you do, but **why** you do something.

Current planning



- Essential fat mass
- Fat reserve
- Excess fat
- Fat-free mass

To reduce health risks, you should reduce the amount of excess fat:

EXCESS FAT -1,5 kg

Remaining to achieve your personal desired weight, the desired fat loss in total is:

MY DESIRED FAT LOSS 3,5 kg

Approximately equivalent to:

14,1
Piece of butter



Butter (commercial quantity 250 g)

Current body weight

Status

BODY WEIGHT 71,5 kg

Current body fat

BODY FAT 20,6 %



My desired weight

Plan

68,0
kg



Please talk to your consultant about an individually tailored strategy to achieve your desired weight.

Recommended body fat:

Goal

BODY FAT 16,5 %

Remaining to achieve my goal:

CHANGE IN WEIGHT -3,5 kg



I am pursuing this goal for the following reason:

Filderstadt, 01.04.2013

Please note:

A reduction under the minimum fat mass of 9,0% of your body weight is not recommended!

Signature