

Development of body composition



Jane Doe

Age	Height	Gender	Date	Consultant	More information
30	165 cm	female	12.12.2008	Joe FatBurner	www.futrex.de

Basic values Current values Result Trend

Body weight

BASIC VALUE	84,0 kg	CURRENT VALUE	71,5 kg	CHANGE	-12,5 kg	<input type="radio"/>
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At the beginning of weight loss programs body weight plays no decisive role, since the increase of metabolically active muscle mass may even cause an increase in weight.

Body Mass Index

BASIC VALUE	30,9	CURRENT VALUE	26,3	CHANGE	-4,6	<input type="radio"/>
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If an increase in muscle mass leads to an increase of your body weight, the significance of the BMI is no longer important.

Body fat

BASIC VALUE	24,9 kg	CURRENT VALUE	14,7 kg	CHANGE	-10,2 kg	<input type="radio"/>
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BASIC VALUE	29,7 %	CURRENT VALUE	20,6 %	CHANGE	-9,1 %	<input type="radio"/>
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The reduction of excess body fat helps to minimize health risks associated with obesity. A further reduction of the „fat reserves“ will depend on your personal goals. The essential fat mass protects your body and should be retained if possible.

Fat-free mass

BASIC VALUE	59,1 kg	CURRENT VALUE	56,8 kg	CHANGE	-2,3 kg	<input type="radio"/>
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BASIC VALUE	70,3 %	CURRENT VALUE	79,4 %	CHANGE	+9,1 %	<input type="radio"/>
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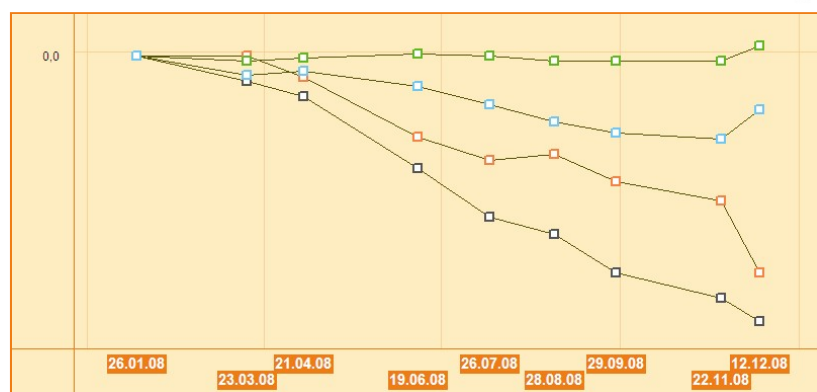
The weight of fat-free mass is primarily determined by the building and breakdown of muscles that are metabolically active. **Important:** This value should remain at a high level.

Body water

BASIC VALUE	53,7 %	CURRENT VALUE	59,6 %	CHANGE	+5,9 %	<input type="radio"/>
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Since muscles consist of more than 70% water, an increase in body water may be an indication for the development of muscle mass.

Development (Change in kg)

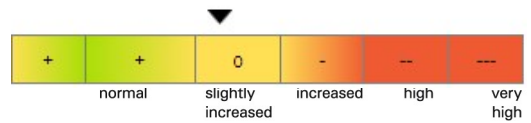


Weight [kg] Fat [kg] Muscle protein [kg] Water [l]

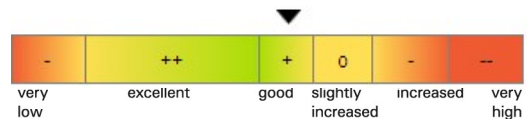
Trend review: Positive development Unchanged development Negative development

Current assessment

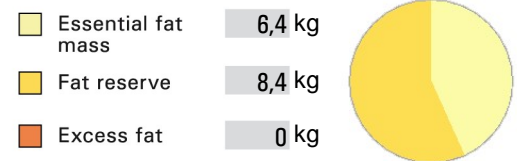
BMI



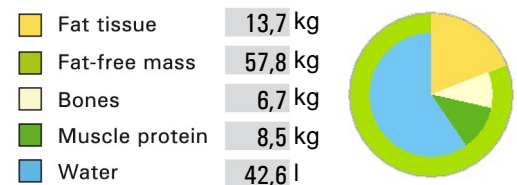
Body fat



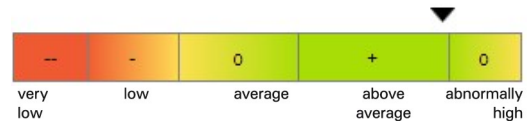
Fat mass



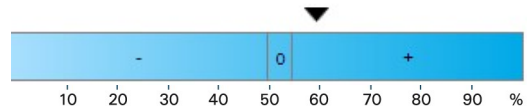
Body composition



Fat-free mass index



Body water



Metabolic rate at rest

