

Fitness & Health Analysis Individual assessment of your health and fitness levels

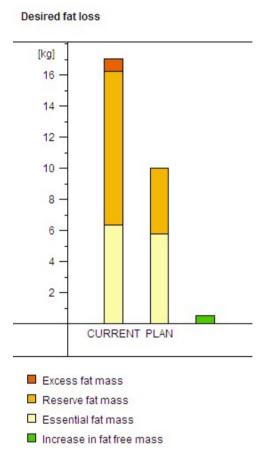
Planning for Jane Doe of 30.09.2012

Sex: female | Date of birth: 13.04.1982 | Height: 165 cm



Desired fat loss Desired fat loss			
Body weight	CURRENT		
Fat mass	Body weight	71,5 kg	Desired fat loss
= stored energy 6056 kcal 10 — PLAN 8 — Desired weight 65,0 kg 6 — Recommended fat proportion 15,4 % 4 — Fat mass 10,0 kg 2 — Fat free mass 55,0 kg TARGET Desired fat loss 7,0 kg Excess fat mass Reserve	Fat mass	17,0 kg	16 -
Desired weight 65,0 kg 6 − Recommended fat proportion 15,4 % 4 − Fat mass 10,0 kg 2 − Fat free mass 55,0 kg CURR TARGET Desired fat loss 7,0 kg Excess fat mass = stored energy 54031 kcal Reserve fat mass = stored energy Excess fat mass			-
Recommended fat proportion Fat mass 10,0 kg 2 -	PLAN		8 -
Fat mass 10,0 kg 2 — Fat free mass 55,0 kg TARGET Desired fat loss 7,0 kg Excess fat mass Reserve fat mass Reserve fat mass Essential fat mass Reserve fat Ma	Desired weight	65,0 kg	6 -
TARGET Desired fat loss 7,0 kg Excess fat mass are stored energy 54031 kcal Reserve fat mass are Essential fat mass are stored.	Fat mass	10,0 kg	-
= stored energy 54031 kcal Reserve fat mas	TARGET		CURR
	= stored energy	54031 kcal	■ Reserve fat mas

-6,5 kg



Attention!

Weight change

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

