Name				4		Telep	bhone	Gender				Height Age				Fitness				Coach				
			Starting Weight Scan & Targets		10 Day Cycle				10 Day Cycle				10 Day Cycle				10 Day Cycle				10 Day Cycle			
		StartDate		From:		To:		From:		To:		From:		To:		From:		To:		From:		To:		
		/ Start	Start Target		/_/_ Daily Weigh-in		<u>/ /</u> Full Scan & Measure		/_/_ Daily Weigh-in		<u>/ /</u> Full Scan & Measure		/_/ Daily Weigh-in		<u>/ /</u> Full Scan & Measure		_/ / Daily Weigh-in		<u>/ /</u> Full Scan & Measure		/_/_ Daily Weigh-in		<u>/ /</u> Full Scan & Measure	
1.Weight -	kg			Kg	Change		Change		Change	inco	Change	Kg	Change		Change	Kg	Change		Change	Kg	Change		Change	
Measurements -	Total CM																							
Neck																								
Bust																								
Arm-R																								
Arm-L																								
Waist																								
Stomach																								
Hips																								
Thigh-R																								
Thigh-L																								
Tanita		Start	Target		FullSca			Tanita		Full Scan Tanita		1		Full Scan Tanita				FullScan Tanita				FullScan Tanita		
						%or Alt	Change			%or Alt	Change			% or Alt	Change			%or Alt	Change			%orAlt	Change	
2. Body Fat %	Ŕ																							
3.Body Water %																								
4.Muscle Mass																								
5.Physique Rating																								
6.Bone Mass																								
7.BMR - Basal Met Rate	¢																							
8.Metabolic Age																								
9.Visceral Fat	Q																							
	Wei		ight		Measurements				ita Blue Pen - Targets				Green: Good - Keeping Going				Red:NeedtoImprove 🥹to 😫							

Name Coach	
1. Weight Current Target1 Target2 Number: Date:	Protein Per Day Number:
2. Body Fat % Current Target1 Target2 Number: Date:	Current Target1 Water Per Day Number: Date:
Body Fat Ranges for Standard Adults ^{1,2} Underfat Healthy Overfat Obese Age 40-59 60-79 0% 10% 20% 30% 40%	4.Muscle Mass Number:
Male 20-39 · · · · · · · · · · · · · · · · · · ·	5.Physique Number: Current Target1
3.Body Water % Current Target1 Target2 Number: Date: Female 45-60% Male 50-65%	High Muscle Body Obese Hidden 1 Obese 2 Solidly- 3 H Overfat Obese 4 Standard 5 Standard 6 H Muscular 6 H
Current 7.BMR - Basal	Underfat Thin 7 Thin & Very Muscular 9 Low Low Standard High Muscle Mass
8.Metabolic Age Number: Date:	6.Bone Mass Number:
9.Visceral Fat Number: Date:	Female WeightHealthy BM weightMale WeightHeal BM weightLess than 50kg1.95kgLess than 65kg2.65kgBetween 50kg-75kg2.40kgBetween65kg-95kg3.29kgover76kg2.95kgover95kg3.69kg
Healthy 1-12 Excessive 12-59 Incidates you have a healthy level of visceral fat. Continue monitoring yourrating toensure its tays within the healthy range. Incidates you have an excess level of visceral fat. Consider making changes in your rating toensure its tays within the healthy range.	