

Name

Telephone










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	Target	Daily Weigh-in		Full Scan & Measure		Daily Weigh-in		Full Scan & Measure		Daily Weigh-in		Full Scan & Measure		Daily Weigh-in		Full Scan & Measure		Daily Weigh-in		Full Scan & Measure	
1.Weight - kg				Kg	Change	CM	Change	Kg	Change	CM	Change	Kg	Change	CM	Change	Kg	Change	CM	Change	Kg	Change	CM	Change
Measurements - Total CM																							
Neck																							
Bust																							
Arm-R																							
Arm-L																							
Waist																							
Stomach																							
Hips																							
Thigh-R																							
Thigh-L																							
Tanita		Start	Target	FullScan Tanita				FullScan Tanita				FullScan Tanita				FullScan Tanita				FullScan Tanita			
				%orAlt		Change		%orAlt		Change		%orAlt		Change		%orAlt		Change		%orAlt		Change	
2. Body Fat %																							
3. Body Water %																							
4. Muscle Mass																							
5. Physique Rating																							
6. Bone Mass																							
7. BMR - Basal Met Rate																							
8. Metabolic Age																							
9. Visceral Fat																							

Weight

Measurements

Tanita

Blue Pen - Targets

Green: Good-Keeping Going 

Red: Need to Improve  to 

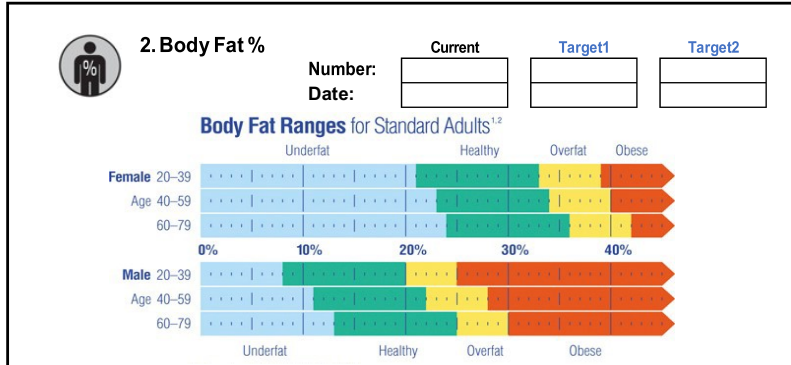
# MAGIC NUMBERS - CURRENT & TARGETS

Name	Coach
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**1. Weight**

Number:

Date:



**3. Body Water %**

Number:

Date:

Female	45-60%
Male	50-65%

**7. BMR - Basal**

Current:

**8. Metabolic Age**

Number:

Date:

**9. Visceral Fat**

Number:

Date:

<b>Healthy 1-12</b>	<b>Excessive 12-59</b>
Incidates you have a healthy level of visceral fat. Continue monitoring your rating to ensure it stays within the healthy range.	Incidates you have an excess level of visceral fat. Consider making changes in your diet and/or increasing the amount of exercise you do

Notes

**Protein Per Day**

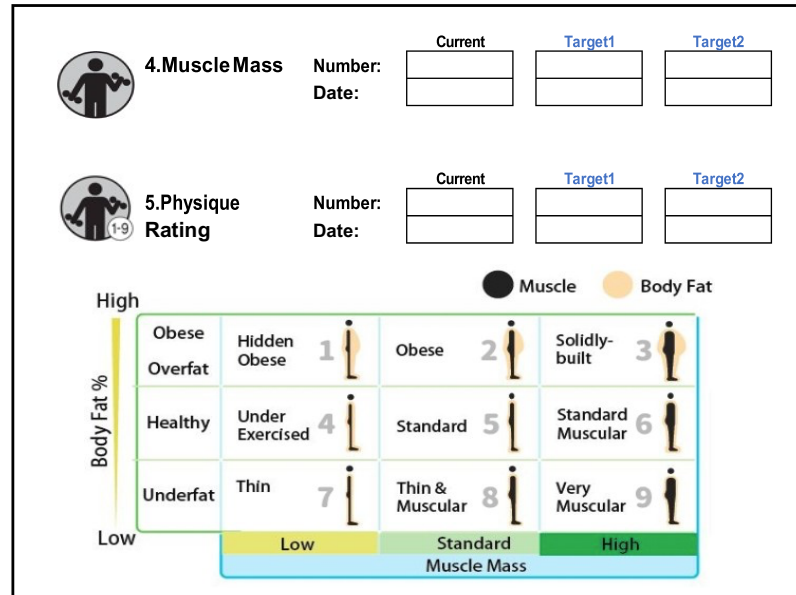
Number:

Date:

**Water Per Day**

Number:

Date:



**6. Bone Mass**

Number:

Date:

Female Weight	Healthy BM weight	Male Weight	Healthy BM weight
Less than 50kg	1.95kg	Less than 65kg	2.65kg
Between 50kg-75kg	2.40kg	Between 65kg-95kg	3.29kg
over 76kg	2.95kg	over 95kg	3.69kg