

## BODY COMPOSITION ASSESSMENT REPORT

**Name:** Jane Doe

**Gender:** F      **Height:** 5'2"      **Age:** 39

**Prepared By:** Real Health and Fitness Center

**Current Body Weight:** 203.6 Lbs  
92.3 Kg

**Total Body Fat:** 40.2%  
80.0 Lbs  
36.2 Kg

**Fat Free Mass:** 59.8%  
119.0 Lbs  
54.0 Kg

**Total Body Water:** 44.5%  
40.2 Ltr

**Body Mass Index:** 37

Your target weight range is 148.8 to 160.7 lbs.

The target weight is determined by adding the recommended percentage of body fat to your current lean body mass. Therefore, your target weight is not necessarily your ideal weight.

<u>Percent % Body Fat</u>	<u>Total Body Water (TBW) Norm</u>		<u>Body</u>
13-19	65-56%		
20-29	55-46%	Athletic	13-20%
30-39	45-40%	Normal	21-27%
40+	39-32%	Sedentary	28%+

**Resting Energy Expenditure: 1624 Calories/Day**

<u>Activity Level</u>	<u>Daily Caloric Needs</u>
Very Light	1786 Calories/Day
Light	1948 Calories/Day
Moderate	2111 Calories/Day
Heavy	2436 Calories/Day
Very Heavy	2760 Calories/Day

