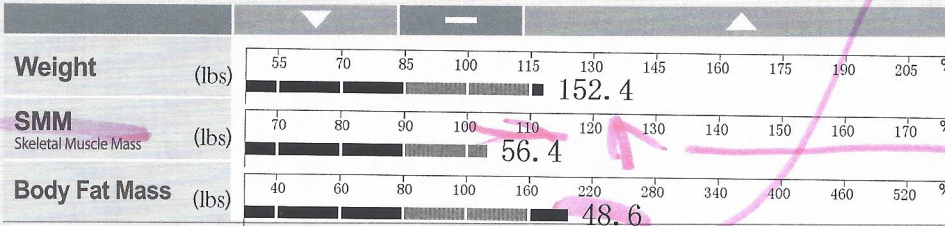


ID: 2093310208 | Height: 5ft. 05.0in. | Age: 47 | Gender: Female | Test Date / Time: 2018.05.23. 11:04

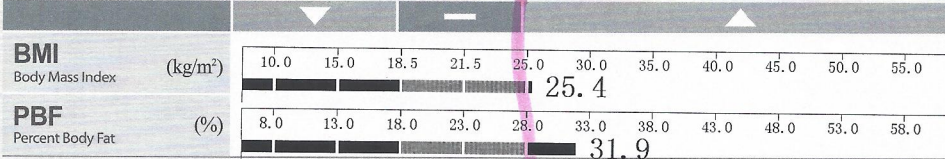
Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	46.7	76.3	103.8	152.4
Extracellular Water (lbs)	29.5			
Dry Lean Mass (lbs)	27.6			
Body Fat Mass (lbs)	48.6			

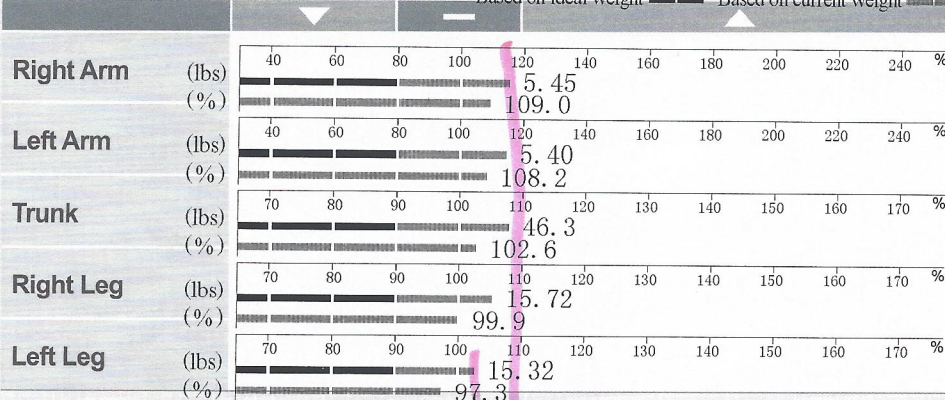
Muscle-Fat Analysis



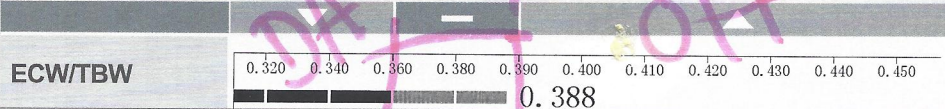
Obesity Analysis



Segmental Lean Analysis



ECW/TBW Analysis



Body Composition History

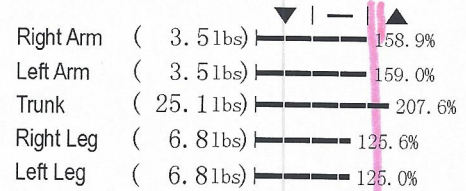
	Weight (lbs)	SMM (lbs)	PBF (%)	ECW/TBW
Recent	152.4	56.4	31.9	0.388
Total				

Recent Total | 18.05.23 11:04

Body Fat - Lean Body Mass Control

Body Fat Mass: -17.6 lbs
 Lean Body Mass: 0.0 lbs
 (+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis



Basal Metabolic Rate

1387 kcal Protein

Visceral Fat Level



Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW/TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	348.4	354.0	24.8	260.0	274.6
50 kHz	320.1	323.8	21.7	236.4	249.2
500 kHz	278.9	283.4	16.8	208.9	219.3

Monitoring your weight is not enough

Weight can be misleading when used as an indicator of health. Anyone may experience frustration when their weight shows no change, even with exercise and an improved nutrition. Your body is a complex structure made of different components; such as body water, fat and muscle. Your body cannot be expressed with one simple number.

InBody Test will show a true assessment of your body

To thoroughly learn about your body and its condition, take the InBody Test. In less than 60 seconds, the InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body water balance; components that are key in understanding more about your body.

Track your progress with the InBody Test

Taking the InBody Test once will give you a snapshot of your body in that moment of time. However, taking the InBody Test consistently will give you a timeline of your progress. Watch the improvements from exercise and diet and do not let your hard work go to waste.

Prior to testing

For the most accurate results, there are a few steps you should follow.

- Remove socks, stockings, and any items out of your pockets before testing.
 - Stand upright for about 5 minutes before testing.
 - Do not eat or exercise before testing.
 - Use the bathroom before testing.
 - Take the test in the morning.
 - Testing under similar conditions will enhance reproducibility when comparing tests.
- * Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not take the test.

For more information about the InBody, visit www.inbody.com

InBody Test

See what you're made of

The InBody Test breaks down your body composition and in turn tracks your progress to staying fit and healthy.

JANUARY 2019 CLIENT CALENDAR

Monthly Plan for Workouts and Recovery

Client Name: T. Gray Anderson

Trainer Name: _____

Client Goal(s): _____

PT PT Sessions
GF Group Fitness Classes

C Cardio
W Weights

O Get Outside
F Fitness Evaluation

✓ Actively Completed
R Recovery

LEGEND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day (limited hours)	2	3	4	5
6	7	8	9	10 Free Bootcamp*	11	12
13	14	15	16 PTO noon	17 PTO 4:30pm	18 Family Fitness Night*	19
20	21 Martin Luther King Jr. Day	22 PTO noon	23	24 PTO noon	25	26
27	28	29	30			

Last Month's Achievements

Weight loss? New mile time? Workout attendance goals?

This Month's Distractions To Prepare For

Vacations planned? School schedule changes? Birthdays?

GOAL	SESSIONS	PERSONAL	TOTAL
ACTUAL			

We know it's hard work staying fit and healthy, and we want to hear all about your journey!

Go to inshape.com and click on **THE HUB**, Success Stories to submit your story.

SWITCH UP YOUR WORKOUT ROUTINE AND JOIN US FOR A FREE TRAINING BOOTCAMP ON JANUARY 10TH!

 Snap a pic to keep track of your plan

*Bootcamps & Family Fitness Night offered at select locations