



BETTER BODY COMPOSITIONS

Name Bobbi Hickenbruck Phone _____

Email _____

Date <u>12/28/11</u>	Circumference Measurements	
Total Weight <u>123</u>	Shoulders <u>41</u>	Chest <u>34</u>
% Body Fat <u>12</u>	Waist <u>30</u>	Hips <u>34</u>
Fat Weight <u>14.8</u>	Rt Bicep <u>10.5</u>	Lt Bicep <u>10.5</u>
Lean Muscle Mass <u>108.2</u>	Rt Thigh <u>20</u>	Lt Thigh <u>20</u>
BMR <u>1345</u>	Rt Calf <u>13</u>	Lt Calf <u>13</u>
DIT <u>130</u>		
Activity <u>232</u>		
Daily Energy Expenditure <u>1710</u>		

Goal Weight <u>Maintain</u>	Goal % Body Fat <u>Maintain</u>
Lbs to loose _____	% to loose _____
Date to reach Goal _____	

Date _____	Circumference Measurements	
Total Weight _____	Shoulders _____	Chest _____
% Body Fat _____	Waist _____	Hips _____
Fat Weight _____	Rt Bicep _____	Lt Bicep _____
Lean Muscle Mass _____	Rt Thigh _____	Lt Thigh _____
BMR _____	Rt Calf _____	Lt Calf _____
DIT _____		
Activity _____		
Daily Energy Expenditure _____		

Goal Weight _____	Goal % Body Fat _____
Lbs to loose _____	% to loose _____
Date to reach Goal _____	