

THE LAB REPORT



Subject Information



Age 17
 Date of Birth 10/01/2000
 Gender Male
 Height 167cm

Applies to adults ages 18 and older. Based on information from the Institute of Medicine (2002), Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, And Amino Acids, Part I, pp93-206. Washington, D.C., National Academy of Sciences.

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of “essential fat” is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised (see table below).

Fat Free Mass: Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the “metabolic engine” of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.

| Latest Results | | | | | | | |
|----------------------|------------------|--------------|-----------------------|---------------|-------------------|-----------------------|-----|
| Date (dd/mm/yyyy) | Fat Mass (kg) | % Fat (%) | Fat Free Mass (kg) | % Lean (%) | Body Mass (kg) | Est RMR (kcal/day) | BMI |
| | | | | | | | |

| | BODY FAT RATING | MEN | WOMEN | EXPLANATION |
|-------------------------------------|-----------------------|----------|----------|---|
| <input type="checkbox"/> | Risky (High body fat) | >30% | >40% | Ask your health card professional about how to safely modify your body composition |
| <input type="checkbox"/> | Excess Fat | 21 - 30% | 31 - 40% | Indicates an excess accumulation of fat over time |
| <input checked="" type="checkbox"/> | Moderately Lean | 13 - 20% | 23 - 30% | Fat level is generally acceptable for good health |
| <input type="checkbox"/> | Lean | 9 - 12% | 19 - 22% | Lower body fat level than many people. This range is generally excellent for health and longevity |
| <input type="checkbox"/> | Ultra Lean | 5 - 8% | 15 - 18% | Fat levels often found in elite athletes. |
| <input type="checkbox"/> | Risky (Low body fat) | <5% | <15% | Ask your health card professional about how to safely modify your body composition |

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Est. RMR = 1,933 kcal/day

Est. TEE
= Est. RMR x Activity Level

Est. TEE
(kcal/day)
2474
2919
3363
4020

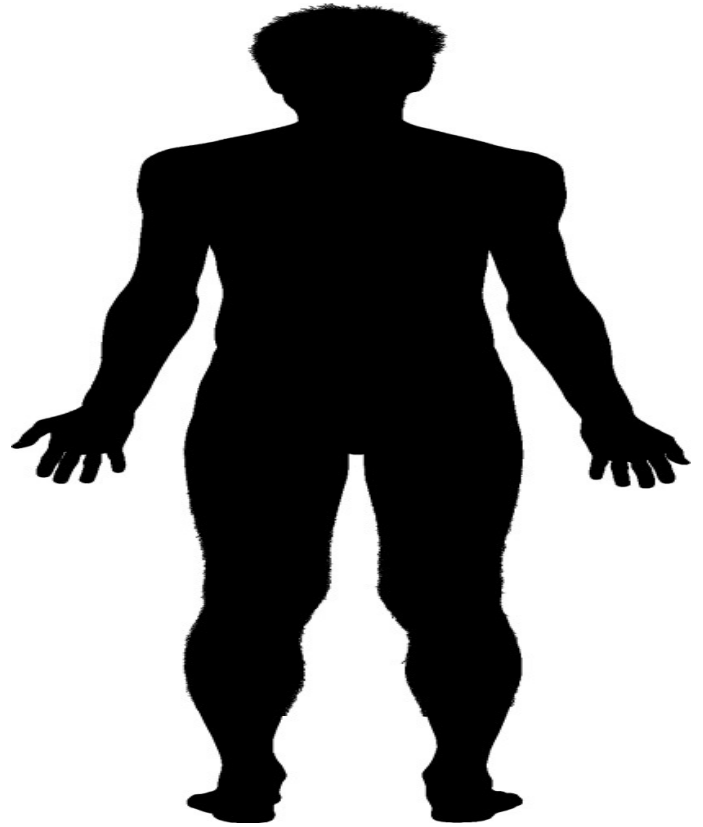
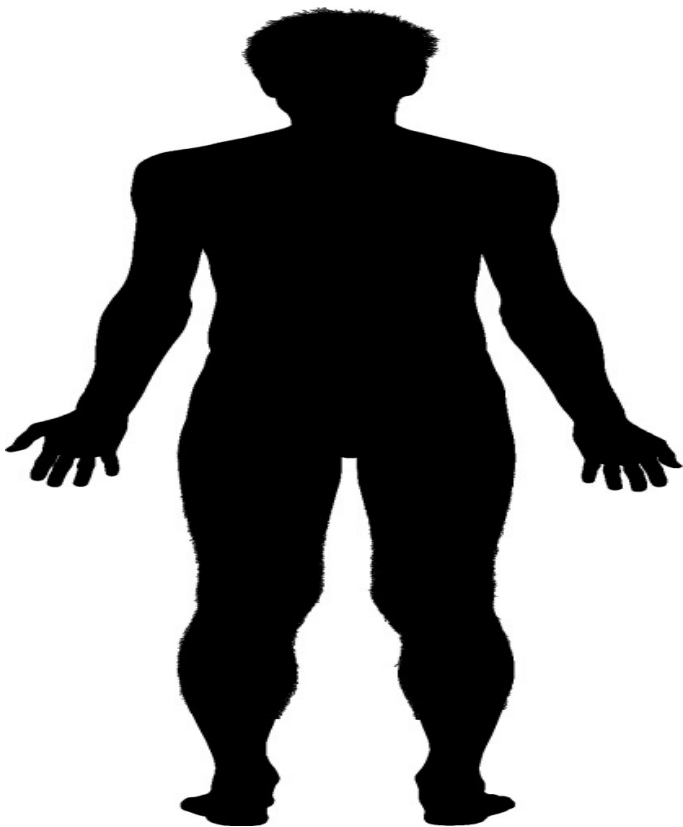
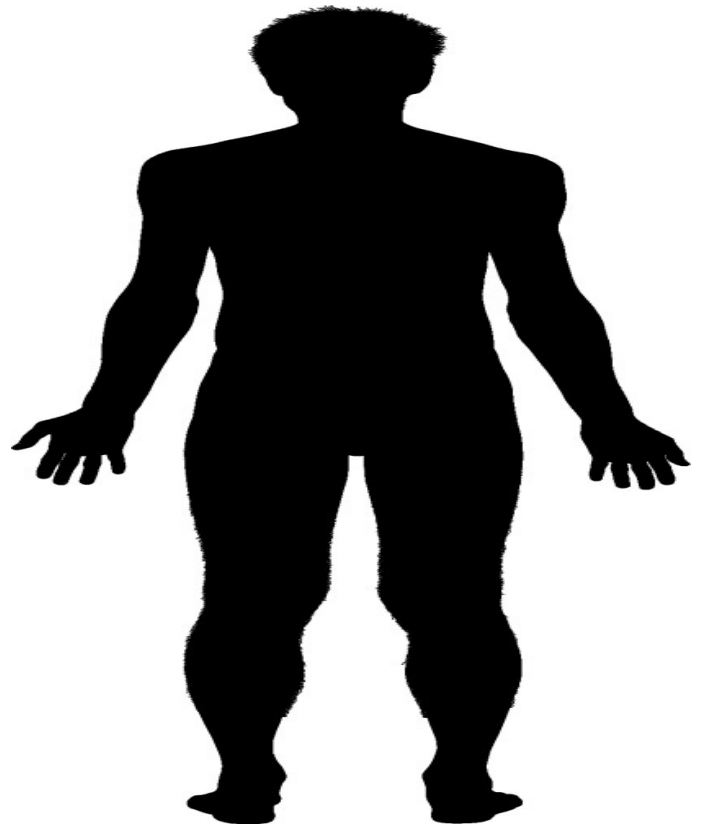
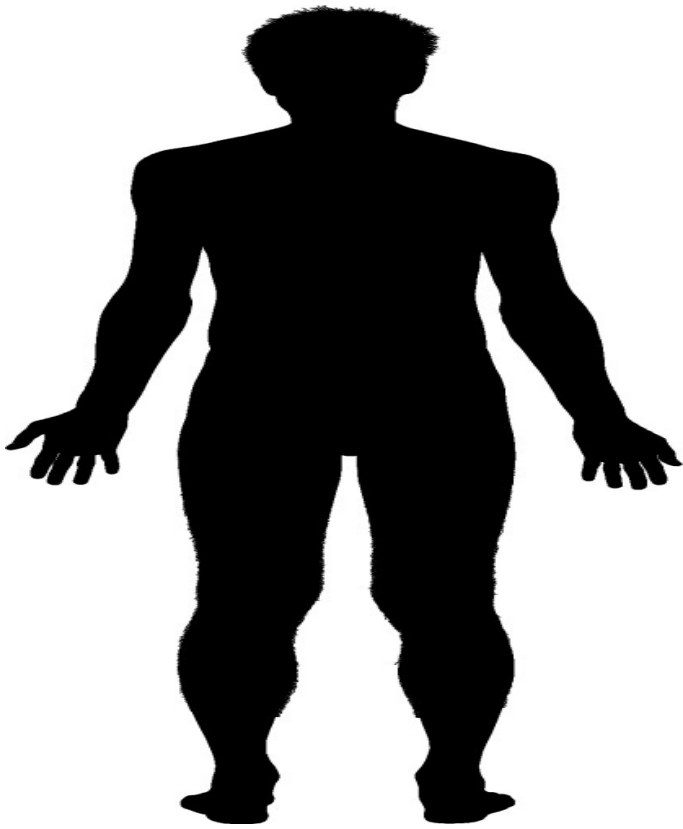
ACTIVITY
LEVEL
Sedentary
Low Active
Active
Very Active

| Date (dd/mm/yyyy) | Fat Mass (kg) | % Fat (%) | Fat Free Mass (kg) | % Lean (%) | Body Mass (kg) | Est RMR (kcal/day) | BMI |
|----------------------|------------------|--------------|-----------------------|---------------|-------------------|-----------------------|-----|
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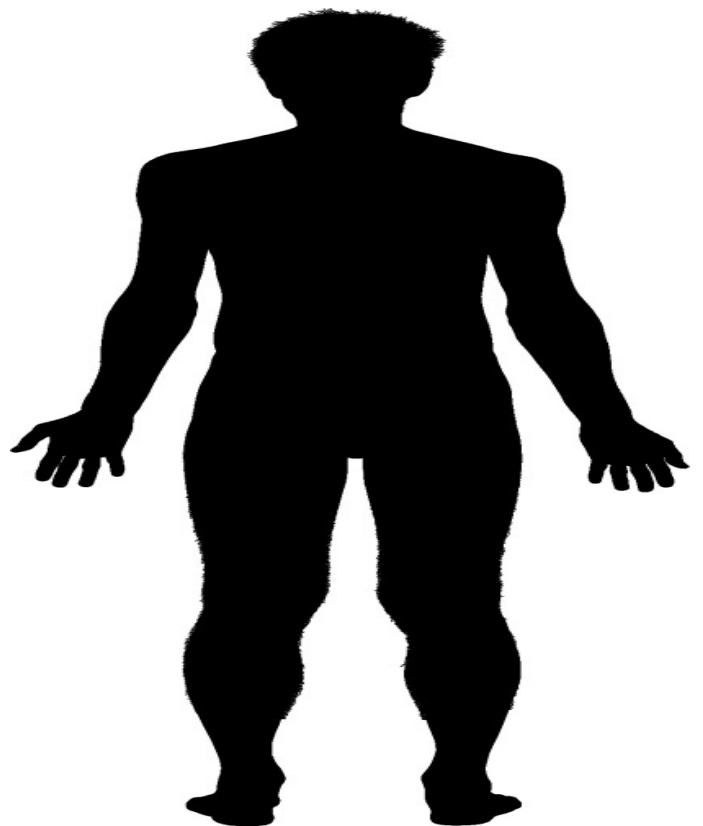
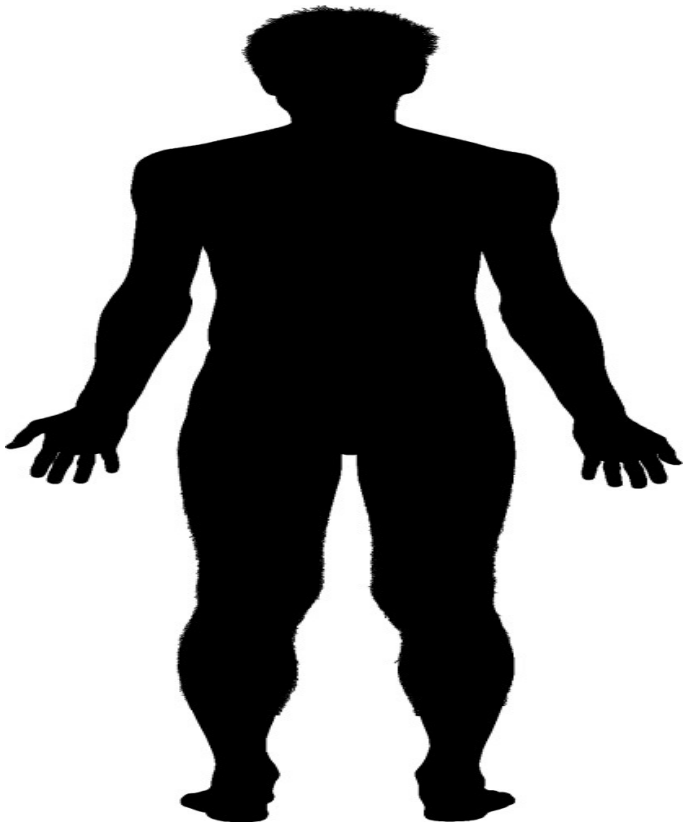
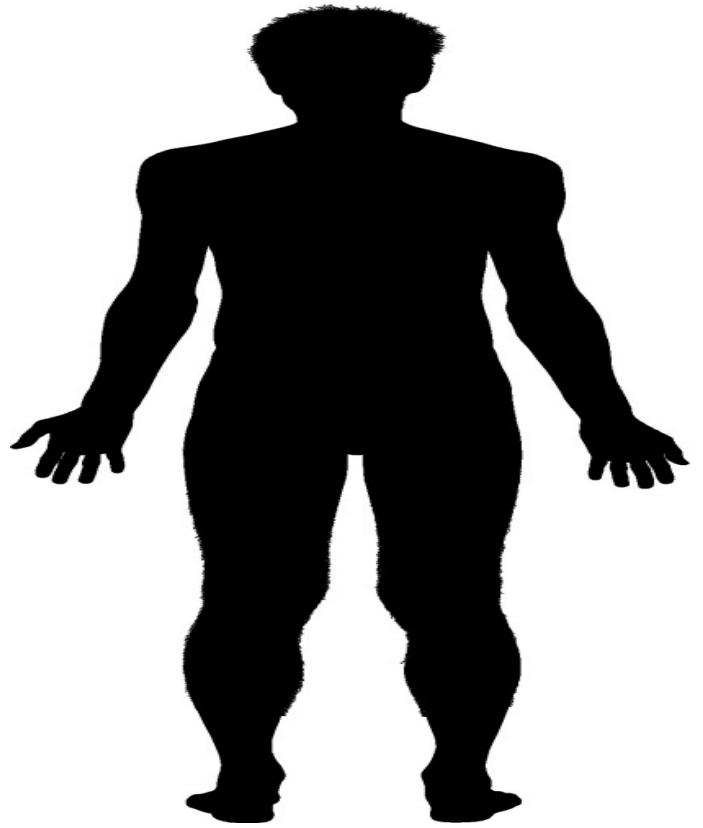
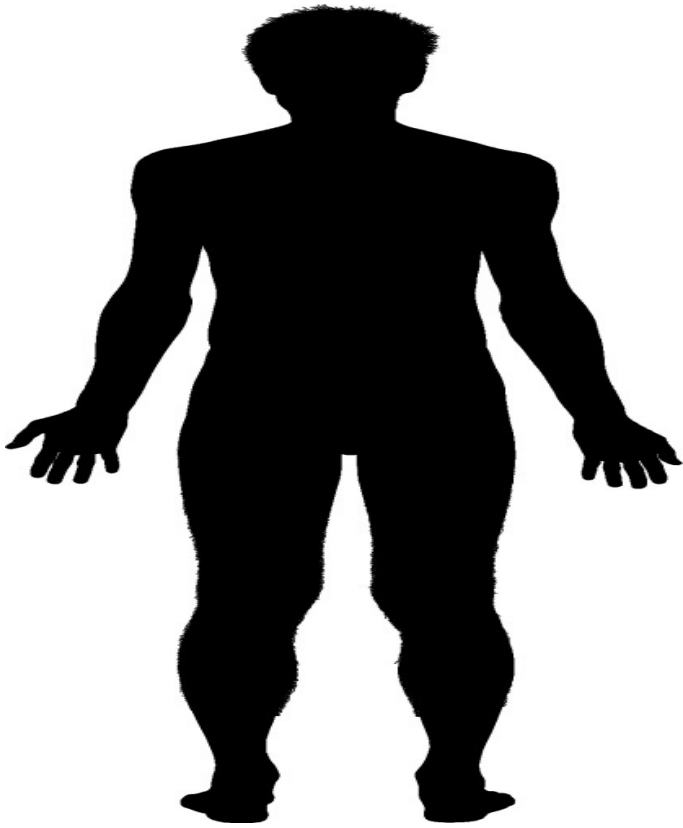
| Neck (Inch) | Chest (Inch) | Waist (Inch) | Arm (Inch) | Thigh (Inch) | Calf (Inch) |
|----------------|-----------------|-----------------|---------------|-----------------|----------------|
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BEFORE



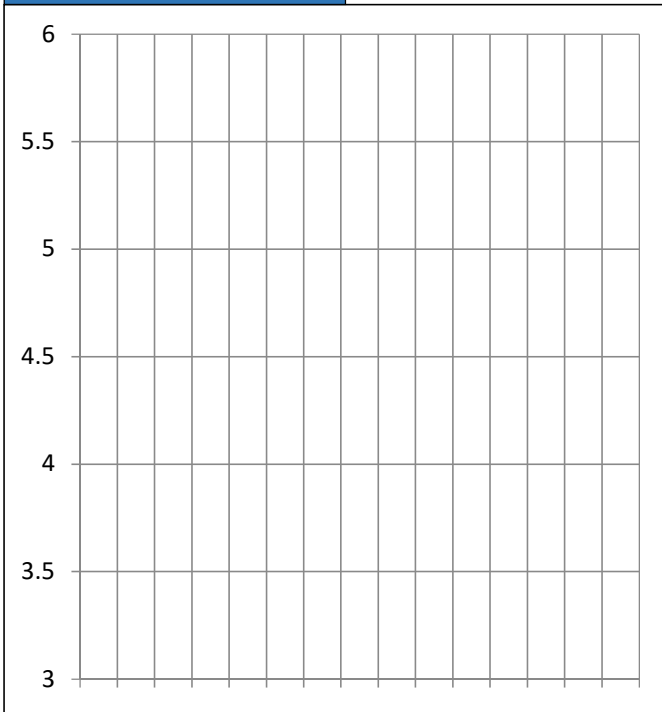
AFTER



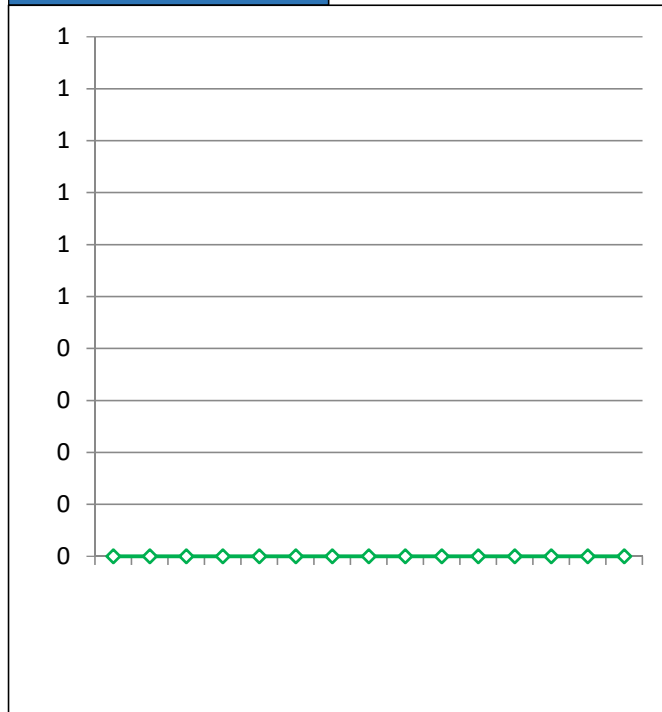
Body Measurements



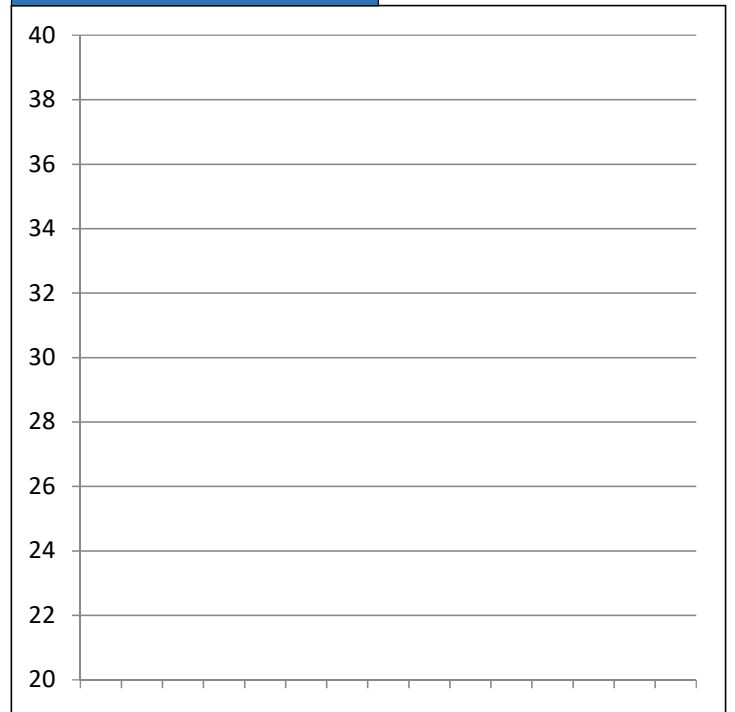
%Fat(%)



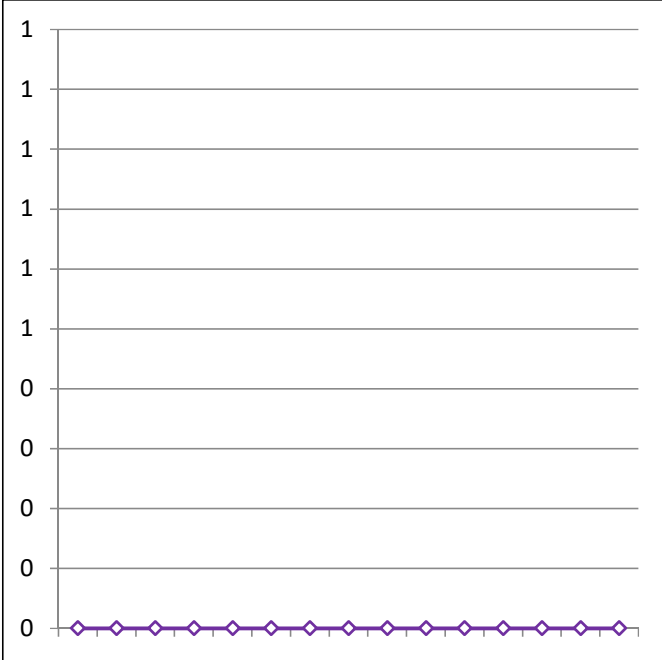
Body Mass (kg)



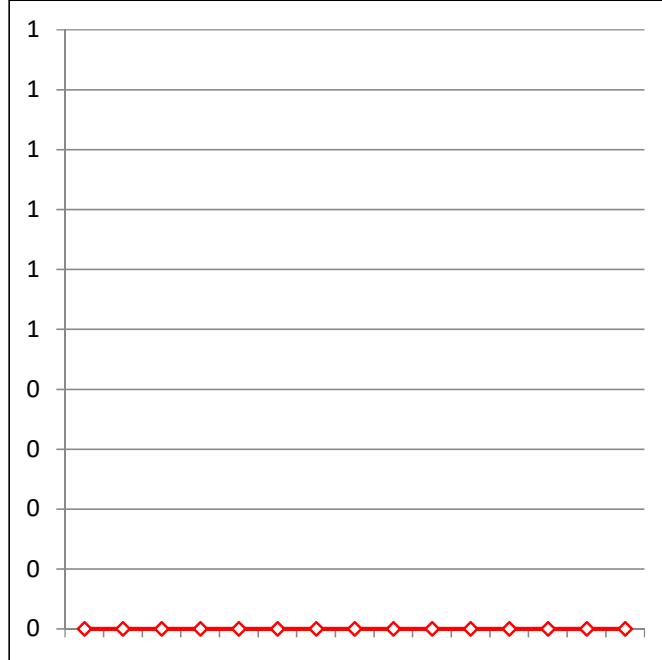
Fat Free Mass (kg)



Est RMR (kcal/day)



BMI



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