

Selected data
February 2005 to June 2005

1 st and 2 nd monthly averages February/March		Last 3 monthly averages April/May/June	
Male lifters	9.0%	Male lifters	9.3%
Male non-lifters	12.9%	Male non-lifters	13.5%
Female lifters	21.4%	Female lifters	21.0%
Female non-lifters	24.8%	Female non-lifters	23.6%
Male/female lifters	13.3%	Male/female lifters	13.7%
Male/female non-lifters	19.4%	Male/female non-lifters	21.0%
6 th grade boys	13.7%	6 th grade boys	11.1%
6 th grade girls	20.1%	6 th grade girls	18.5%

All months combined

Male lifters	9.2%
Male non-lifters	13.3%
Female lifters	21.1%
Female non-lifters	26.1%
Male/female lifters	13.6%
Male/female non-lifters	20.3%
6 th grade boys	12.3%
6 th grade girls	19.8%



BODY FAT MEASUREMENT HISTORY
Weight Management Program

Thursday, June 16, 2005

ID #	NAME	DATE	TIME	SEX	HEIGHT	WEIGHT	IMPED	TBW	FAT WT	FFM	BMR	BMI	FAT %
8470	8470 8470	6/8/05	6:47 AM	F	64.0	136.4	484	79.2	28.2	108.2	1466	23.4	20.6 %
		5/11/05	7:29 AM	F	64.0	134.0	494	78.0	27.4	106.6	1455	23.0	20.4 %
		4/13/05	6:51 AM	F	64.0	134.8	506	77.4	29.0	105.8	1459	23.1	21.5 %
		3/16/05	7:25 AM	F	64.0	141.4	493	79.6	32.6	108.8	1487	24.3	23.0 %
		1/14/05	2:57 PM	F	64.0	135.4	547	72.6	36.2	99.2	1461	23.2	26.7 %
		1/12/05	7:29 AM	F	64.0	140.2	506	75.4	37.2	103.0	1482	24.1	26.6 %

NON-LIFT TO LIFT

LEGEND: IMPED = Impedance TBW = Total Body Water FFM = Fat Free Mass BMR = Basal Metabolic Rate BMI = Body Mass Index



BODY FAT MEASUREMENT HISTORY
Weight Management Program

Thursday, June 16, 2005

ID #	NAME	DATE	TIME	SEX	HEIGHT	WEIGHT	IMPED	TBW	FAT WT	FFM	BMR	BMI	FAT %
1113	1113 1113	6/6/05	9:35 AM	M	72.0	211.2	457	120.4	46.8	164.4	2328	28.6	22.2 %
		4/12/05	5:51 AM	M	74.0	209.0	455	131.4	29.4	179.6	2319	26.8	14.1 %
		3/15/05	6:04 AM	M	73.0	204.0	473	126.4	31.4	172.6	2278	26.9	15.4 %
		2/1/05	10:11 AM	M	72.0	203.0	447	126.8	29.8	173.2	2267	27.5	14.7 %

LIFT TO NON-LIFT

LEGEND: IMPED = Impedance TBW = Total Body Water FFM = Fat Free Mass BMR = Basal Metabolic Rate BMI = Body Mass Index