

# Body Composition Analysis

<b>Client Name:</b>						<b>Coach:</b>					
<b>Date</b>											<b>Total Loss</b>
<b>Weight</b>											
<b>Change</b>											

## Measurements:

	Date:	Date:	Change	Date:	Change	
<b>Chest</b>						
<b>Waist</b>						
<b>Hips</b>						
<b>Right Thigh</b>						
<b>Left Thigh</b>						
<b>Right Bicep</b>						
<b>Left Bicep</b>						
<b>Total Inches Lost:</b>				<b>Total Inches Lost:</b>		

<b>Age:</b>	<b>Tanita Scale</b>				
<b>Height:</b>	Date:	Date:	Change	Date:	Change
<b>Weight</b>					
<b>Body Fat %</b>					
<b>Body Water</b>					
<b>Muscle Mass</b>					
<b>Physique Rating</b>					
<b>Metabolic Age</b>					
<b>Bone Mass</b>					
<b>Visceral Fat Level</b>					

## Assessments:

	Date:	Date:	Change
<b>Distance Run</b>			
<b>Pushups</b>			
<b>Situps</b>			
<b>Plank</b>			

<b>Before Picture</b>		<b>After Picture</b>	
<b>WLC</b>		<b>Time:</b>	
<b>Fit Challenge</b>		<b>Waiver:</b>	