



Total Health by
Elizabeth

Client Name: Client Name

Age: 35

Height: 5 feet

4 inches

Weight: 190

#of Meals per day: 5

Client: Client Name

	10/01/11	06/18/11
Neck	15	15
Right Bicep	14.5	14.5
Left Bicep	14.5	14.5
Wrist	6.5	6.5
Bust	37	42
Chest	35.5	37
Waist	36.5	38
Hip	46	47.5
Right Thigh	27	27
Left Thigh	27	27.5
Right Calf	16.5	16.75
Left Calf	16.75	17

Client: Client Name

	10/01/11	06/18/11	DIFF
age	35	35	
Skinfold			
tricep	22	24	(2.00)
bicep	12	18	(6.00)
subscapular (back)	23	24	(1.00)
suprailiac (waist)	26	26	-
all measurements	35.92%	37.31%	(0.01)
suprailiac only	33.15%	33.15%	-
Omron	31%	33%	(0.02)
Female	35%	37%	(0.02)
Male	29%	31%	(0.02)
Body Composition			
Lean Body Mass	130.34	133.0315	(2.69)
Body Fat	59.66	65.9685	(6.31)
Girth			
Neck	15	15	-
Right Bicep	14.5	14.5	-
Left Bicep	14.5	14.5	-
Wrist	6.5	6.5	-
Bust	37	42	(5.00)
Chest	35.5	37	(1.50)
Waist	36.5	38	(1.50)
Hip	46	47.5	(1.50)
Right Thigh	27	27	-
Left Thigh	27	27.5	(0.50)
Right Calf	16.5	16.75	(0.25)
Left Calf	16.75	17	(0.25)

Client: Client Name

10/01/11
BodyGem 1450

Weight 190

Height 64

Age 35

BMR1 1580

BMR2 1596

BMI 32.68

Current Lean Body Mass		Goal Lean Body Mass	10.00%
Weight	190	Weight	171.0
Body Fat Percent	31.40%	Body Fat Percent	23.78%
Lbs of Fat	60	Lbs of Fat	40.7
Lbs of Lean Mass	130	Lbs of Lean Mass	130.3

Resting Metabolic Rate **1303.4**

Basal Metabolic Rate

Activity [2. Very Physical](#)

Activity Value 0.7

Additionally Needed Calories 912.38

BMR **2215.78**

Daily	Calories	Grams
	1773	
Protein	709	177
Fat	355	39
Carbohydrate	709	177

Meal	Calories	Grams
	355	
Protein	142	35
Fat	71	8
Carbohydrate	142	35

Lean Body Mass

Weight 190.0
Body Fat Percent 31%
Lbs of Fat 60
Lbs of Lean Mass 130

Resting Metabolic Rate **1303.4**

Basal Metabolic Rate

Activity [3. Moderately Physical](#)
Activity Value 0.4
Additionally Needed Calories 521.36
BMR **1824.76**

Eating to Grow

Additional Calories Needed for Training 475
Training Day Calories **2299.76**

Training Day

Macronutrient Breakdown	grams	gr p/bw	Kcal	%
Protein	1.5	195.5	782.0	34.0%
Carbohydrates	1.5	285.0	1,140.0	49.6%
Fat		42.0	377.7	16.4%
			2,299.8	

Non-Training Day

Macronutrient Breakdown		gr p/bw	Kcal	%
Protein		176.0	703.8	34.0%
Carbohydrates		256.5	1,026.0	49.6%
Fat		37.8	339.9	16.4%
			2,069.8	



Total Health by Elizabeth

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Client: Client Name

Current Lean Body Mass		Initial Goal
Weight	190	171
Body Fat Percent	31%	24%
Lbs of Fat	60	41
Lbs of Lean Mass	130	130

Basal Metabolic Rate **1,303**
Body Mass Index **33**
Waist to Hip Ratio **0.79**

Total Daily Energy Expenditure	
Activity	2. Very Physical
Activity Value	0.7
Additionally Needed Calories	912
Maintenance Calories	2,216

Fat Loss		
1/2 lb per week	1,966	create a deficit of 250 calories per day
1 lb per week	1,716	create a deficit of 500 calories per day
1.5 lbs per week	1,466	create a deficit of 750 calories per day

Target Heart Rate	
Max (RPE 10)	185
90% (RPE 9)	173
80% (RPE 8)	160
70% (RPE 7)	148
60% (RPE 6)	135
50% (RPE 5)	123

Body Fat		
Athletic	<17%	157
Lean	17-22%	157 - 165
Normal	22-25%	167 - 172
Above Average	25-29%	174 - 181
Overweight	29-35%	184 - 197
Obese	>35%	201

BMI	
Underweight	<18
Normal weight	18 - 24.9
Overweight	25 - 29.9
Obese	30 - 34.9
Morbidly Obese	>35