Health/Fitness Evaluation
ELG Data Report

Client Data:

Impedance: 300 Height: 68.00 Sex: Male
Age: 23 Weight: 178.00

Lean Body Mass:

Weight of Lean Body Mass: 165.23 lbs
Percentage of Lean Body Mass: 92.8%
Lean Body Mass to Fat Ratio: 12.9 to 1
Total Body Water: 60.0 litres

Fat Free Mass is composed of muscles, body fluid, connective tissue and bones. The optimal Lean to Fat ratio for you is at least 5.1 to 1

Body Fat:

Weight of Body Fat: 12.77 lbs
Percentage of Body Fat: 7.2%

Fat is calories stored as energy reserve for your body. The desired range of percent Body Fat for you is 8-14% (or 14-26 lbs). If you consume more calories than your body burns, the excess calories are stored as Body Fat. Excess Body Fat "frequently results in a significant impairment of health."

Current Status & Goals:

The graphs above show your projected body composition. "LBM" represents your Lean Body Mass and includes all body components except fat. "Norm Fat" represents Normal Body Fat which is necessary for proper physical health. "Excess" is Fat which is in excess of normal limits, and is unhealthy.

Your Goal: 178 lbs (7.2% Fat)

Your goal on the Health/Fitness Evaluation will be to optimize your body composition. Through proper eating and exercising habits, you will improve your overall body composition, as well as ensuring a healthy lifestyle.