

# BODY COMPOSITION PROFILE

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The Fit Stop Human Performance Lab

5/17/2007

## BODY COMPOSITION PROFILE

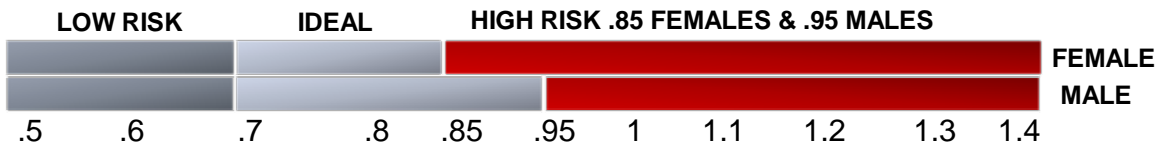
	SCORE	IDEAL	CAUTION	HIGH
Height (inches)	70.0			
Weight (pounds)	167.0			
Waist Circumference (inches)	31.0	☺		
BMI (Body Mass Index)	24.0	☺		
Waist/Hip Ratio	0.79	☺		
<b>Body Fat Percentage</b>	<b>12.7</b>	☺		
Lean Body Weight (pounds)	145.8			
Ideal Body Weight (pounds) at ideal body fat %	160			
Ideal Body Fat Percentage	10.0			

### YOUR PROFILE

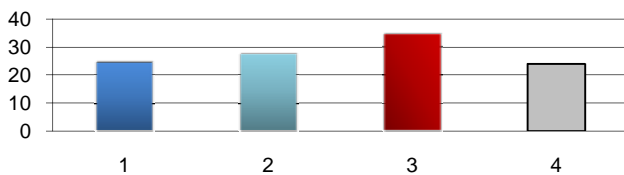


### IDEAL BODY COMPOSITION FOR ADULT MALES AND FEMALES

#### WAIST/HIP RATIO NORMS



#### BMI NORMS



1= Ideal (27 or less)  
 2= Mildly Overweight (27.3 females)  
 Mildly Overweight (27.8 males)  
 3= Severely Overweight (35 or over)  
 4= Your Score