

*** Update Analysis ***
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ShapeUp Fitness
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A N Other	Weight: 74.0 kg
Age: 34	Height: 175 cm
Sex: MALE	Dec 12, 1999

Fat: 17.2% or 12.7 kg
Lean: 82.8% or 61.3 kg
Daily Calorie intake: 2326

CONGRATULATIONS - You have changed your body fat and weight as recommended. In the 8 weeks since the previous measurement, you have lost 2.0 kg, and your body fat has decreased by 2.0%. Your rate of weight loss is 0.3 kg per week and your rate of percent body fat decrease is 0.3% per week, or you have decreased your total fat by 1.8 kg.

The excellent range for percent fat for a male whose age is 34 years old is 6.0 - 15.2%. Your current body fat is outside the excellent range.

The Metropolitan Life Insurance Company's recommended weight range for maximum longevity for your height and body frame is 67.3 kg to 72.7 kg. Your current weight of 74.0 kg is above the recommended range by 1.3 kg.

GENERAL RECOMMENDATIONS - Both your weight and body fat are above the recommended ranges for your height and body frame. Unless you are actively participating in competitive athletics (or a similar activity), you should decrease both to change your weight by a minimum of 1.3 kg, and your body fat to 15.2%.

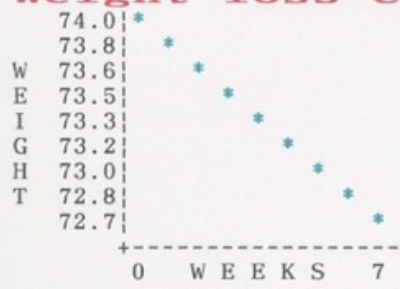
CAUTION: Any exercise/nutritional program should not be undertaken without the advice of your health care professional.

WEIGHT/EXERCISE CHANGE RECOMMENDATIONS - Your estimated total daily intake of Calories is 2326. This estimate includes the Calories expended by the body during total rest, normal daily activities, food digestion, and normal exercise.

There are many different theories for optimum weight/fat control. The following method is a slow and conservative method to obtain your optimum fitness level:

In order to lower weight while lowering your body fat, you should decrease your Calorie intake by 6 Calories, while increasing your daily exercise program by the equivalent of 203 Calories, which is about 30 minutes of walking. This method will bring you to your goal in 7 weeks.

Weight loss chart



Fat loss chart

