

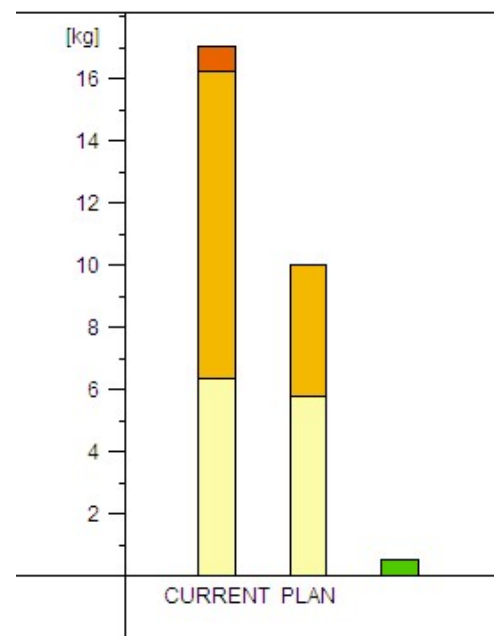


Planning for Jane Doe of 30.09.2012

Sex: female | Date of birth: 13.04.1982 | Height: 165 cm

CURRENT	
Body weight	71,5 kg
Body fat proportion	23,8 %
Fat mass	17,0 kg
Fat free mass	54,5 kg
Excess fat mass = stored energy	0,8 kg 6056 kcal
PLAN	
Desired weight	65,0 kg
Recommended fat proportion	15,4 %
Fat mass	10,0 kg
Fat free mass	55,0 kg
TARGET	
Desired fat loss = stored energy	7,0 kg 54031 kcal
Increase in fat free mass	0,5 kg
Weight change	-6,5 kg

Desired fat loss



- Excess fat mass
- Reserve fat mass
- Essential fat mass
- Increase in fat free mass

Attention!

A reduction under the minimum fat mass of 9,0% is not recommended!