

HOUSTON VO2 MAX, LLC

Body Composition

Subject Data

Name: Alan Charley ID: 713-344-3364
Birth Date: 11/07/1968 Age: 39 years Gender: Male
Subject: Active Weight: 200.0 lb Height: 5 ft 8 in B.M.I: 30.7 kg/m.m

Assessment Data

Assessment: 373 Date: 3/12/2008 Hour: 11:25:00 AM
Trainer: ID:
Calculation method for Fat Percentile: Jackson & Pollock - 7 skinfolds (Male)

Body Composition

Results

Body Weight (lb)	200.0
Lean Weight (lb)	159.8
Fat Weight (lb)	40.2
Body Fat Percentile	20.12
Target Weight (lb)	180.0
Target Weight Difference (lb)	-20.0

