

BODY FAT PERCENTAGE TRACKING

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NAME: Michele Jamison	WEIGHT:	INITIAL 174.50 lbs	FOLLOW UP 12 157.50 lbs	CHANGE Since Initial Assessment -17.00 lbs
	LEAN BODY MASS:	124.92 lbs	128.26 lbs	3.34 lbs
	FAT BODY MASS:	49.58 lbs	29.24 lbs	-20.34 lbs
	BODY FAT PERCENTAGE:	28.41 %	18.56 %	-9.85 %



Method: Jackson-Pollock Sum of 3

Follow Up	DATE (mm/dd/yy)	WEIGHT (lbs)	SITES			Body Fat %	Lean Mass	Fat Mass	Changes since LAST Follow Up			
			TRICEPS	ILLIAC CREST	THIGH				BF %	Weight	Lean Mass	Fat Mass
0	12/31/08	174.50	24.70	24.20	22.00	28.41%	124.92 lbs	49.58 lbs	0.00%	0.00 lbs	0.00 lbs	0.00 lbs
1	01/16/09	169.50	20.00	22.00	23.00	26.56%	124.47 lbs	45.03 lbs	-1.85%	-5.00 lbs	-0.45 lbs	-4.55 lbs
2	01/30/09	170.00	18.70	18.10	23.00	24.89%	127.69 lbs	42.31 lbs	-1.68%	0.50 lbs	3.22 lbs	-2.72 lbs
3	02/13/09	169.00	15.60	16.30	21.00	22.59%	130.82 lbs	38.18 lbs	-2.30%	-1.00 lbs	3.13 lbs	-4.13 lbs
4	02/27/09	171.50	15.60	16.00	20.80	22.42%	133.05 lbs	38.45 lbs	-0.17%	2.50 lbs	2.23 lbs	0.27 lbs
5	03/06/09	171.00	15.60	16.00	20.80	22.42%	132.66 lbs	38.34 lbs	0.00%	-0.50 lbs	-0.39 lbs	-0.11 lbs
6	03/13/09	167.50	15.30	14.20	20.80	21.71%	131.14 lbs	36.36 lbs	-0.72%	-3.50 lbs	-1.52 lbs	-1.98 lbs
7	03/20/09	166.00	15.20	14.00	20.70	21.57%	130.20 lbs	35.80 lbs	-0.14%	-1.50 lbs	-0.95 lbs	-0.55 lbs
8	03/27/09	165.00	15.20	11.60	20.60	20.71%	130.83 lbs	34.17 lbs	-0.86%	-1.00 lbs	0.64 lbs	-1.64 lbs
9	04/03/09	162.50	14.90	11.60	20.60	20.60%	129.02 lbs	33.48 lbs	-0.10%	-2.50 lbs	-1.81 lbs	-0.69 lbs
10	04/10/09	160.00	13.30	12.50	20.60	20.36%	127.43 lbs	32.57 lbs	-0.24%	-2.50 lbs	-1.60 lbs	-0.90 lbs
11	04/17/09	159.00	13.20	11.80	19.30	19.62%	127.80 lbs	31.20 lbs	-0.73%	-1.00 lbs	0.37 lbs	-1.37 lbs
12	04/24/09	157.50	12.90	10.10	18.30	18.56%	128.26 lbs	29.24 lbs	-1.06%	-1.50 lbs	0.47 lbs	-1.97 lbs

End of records

