

Biometrics Results for Sample Meal Plan

Congratulations! At this stage of the Biometrics Program you should be feeling more energetic and looking and feeling better than you have in a long time! In order to help you understand the changes that have taken place in your body, we have compiled a report based upon the results of your 06/11/2001 Profile and your 07/21/2001 Profile. The following information is designed to make you more aware of the significance of these changes.

Your Measurement Results

Measurement	06/11/2001	07/21/2001	Change
Weight loss	150.0 pounds	138.0 pounds	-12.0 pounds
Percent fat	31.0 % fat	24.2 % fat	-6.8 %
Fat pounds	46.5 fat lbs.	33.4 fat lbs.	-13.2 fat lbs.
Lean pounds	103.5 lean lbs.	104.6 lean lbs.	1.2 lean lbs.
Body Composition Improvement			14.3 pounds
Circumference Measures			
Arm Left	11.5 inches	11.0 inches	-0.5 inches
Arm Right	11.5 inches	11.0 inches	-0.5 inches
Chest	36.0 inches	35.0 inches	-1.0 inches
Abdomen 1	30.0 inches	27.5 inches	-2.5 inches
Abdomen 2	30.5 inches	27.0 inches	-3.5 inches
Abdomen 3	31.0 inches	27.0 inches	-4.0 inches
Hips	37.0 inches	35.0 inches	-2.0 inches
Upper Thigh Left	22.0 inches	20.0 inches	-2.0 inches
Upper Thigh Right	22.0 inches	20.0 inches	-2.0 inches
Mid Thigh Left	19.0 inches	17.5 inches	-1.5 inches
Mid Thigh Right	19.0 inches	17.5 inches	-1.5 inches
Total Circumference Change	269.5 inches	248.5 inches	-21.0 inches
Strength			
Upper Body	50.0 lbs.	85.0 lbs.	70.0 %
Lower Body	70.0 lbs.	130.0 lbs.	85.7 %

Body Composition

Percent Fat on 06/11/2001:	31.0 %
Percent Fat on 07/21/2001:	24.2 %
Decrease in Percent Body Fat:	6.8 %
Change in Percent Body Fat:	22.1 %

The term body composition refers to the amount of fat and lean tissue that makes up your body. Lean tissue refers to bone, water, organs, and, of course, muscle — everything except fat. Ideally, the weight you lose on a weight-loss program should be mostly fat. The Biometrics program is designed to help you preserve muscle while you lose fat by combining strength training exercises with a sensible meal plan.

Fat (Pounds)



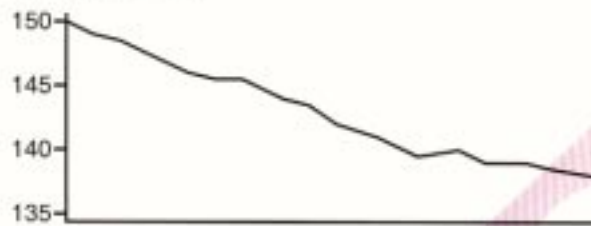
Lean (Pounds)



Of your total weight on 06/11/2001, 150.0 pounds, approximately 46.5 pounds were fat tissue. On 07/21/2001, 33.4 of 138.0 pounds were fat tissue, representing a total loss of 13.2 pounds of fat. In other words, your total pounds of fat have decreased by 28.3% over the course of the program.

Considering a loss of 13.2 fat pounds and a gain of 1.2 lean pounds, your Body Composition Improvement is 14.3 pounds.

Weight Loss



Weight on 06/11/2001: 150.0 pounds
 Weight on 07/21/2001: 138.0 pounds
 Total Weight Loss: 12.0 pounds

The graph above shows the progression of your weight loss. The Biometrics program is designed to produce slow but steady weight loss. During the program you lost a total of 12.0 pounds. To fully appreciate the changes that have taken place during this period, it is important to look at changes in body composition, as well as changes in body weight.

Strength



70.0 % Upper Body Strength Improvement



85.7 % Lower Body Strength Improvement

In order to measure your improvements in strength, we compared the amount of resistance you could lift in the first and final weeks. The chest press and leg extension were used to represent upper and lower body strength, respectively. Your improvement is shown above.

Blood Pressure

Blood Pressure is the measure of the force of blood against the walls of the arteries. Systolic (the upper number) is the pressure on the arterial walls when the heart is pumping. Diastolic (the lower number) is the pressure on the arterial walls when the heart is at rest.

	<u>06/11/2001</u>	<u>07/21/2001</u>		
Systolic	130.0	124.0	Above 140/90	High
			130/85 to 139/89	High Normal
			120/80 to 129/84	Normal
Diastolic	90.0	85.0	Below 120/80	Optimum

Notes: