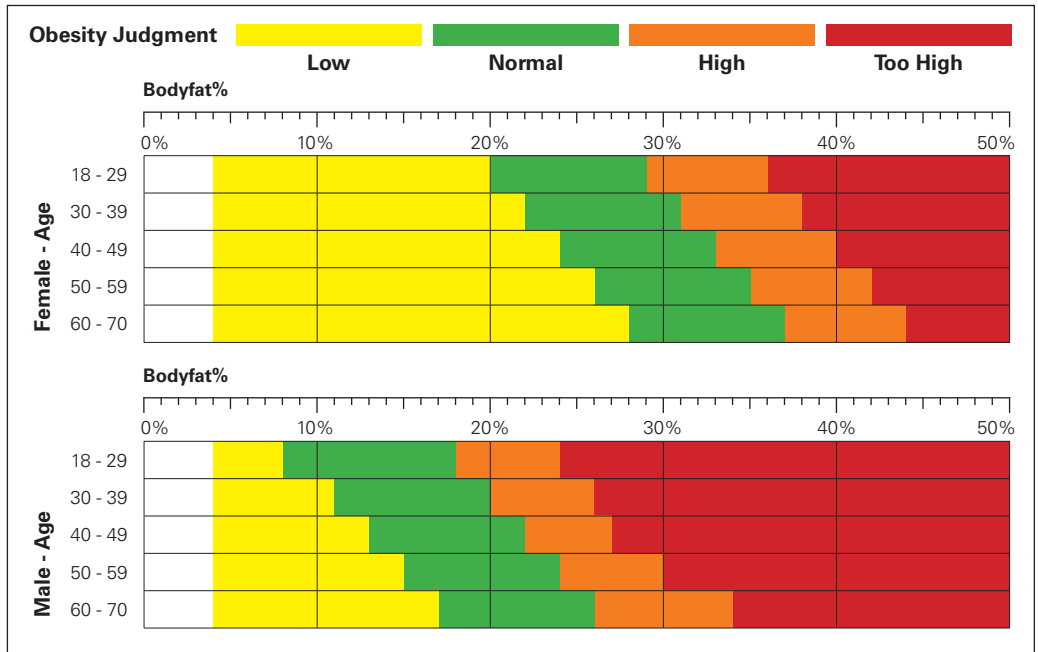


Name _____
 Age _____
 Height _____
 Weight _____
 Male Female

Date _____
 BMI Result _____
 Body Fat% _____
 Protein Factor (g) _____
 RMR (cals at rest) _____

	Underweight	Normal	Overweight	Obese	Very Obese
BMI Result	Below 18.5	18.5 - 24.9	25 - 29.9	30 and above	Above 40



The **Body Mass Index (BMI)** is a recognised method of identifying a healthy weight in respect to your height.
 Source: World Health Organisation

Your Targets:

Weight: BMI:

Telephone _____ Mobile _____
 Best time to call _____
 Address _____
 _____ Email _____
 Tested at _____



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