

BODY FAT PERCENTAGE TRACKING

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NAME: Landon Taylor	INITIAL	FOLLOW UP 19	CHANGE Since Initial Assessment	
	WEIGHT:	91.20 lbs	167.60 lbs	-3.60 lbs
	LEAN BODY MASS:	65.40 lbs	166.47 lbs	1.07 lbs
	FAT BODY MASS:	25.80 lbs	21.13 lbs	-4.67 lbs
	BODY FAT PERCENTAGE:	13.50 %	11.27 %	-2.23 %



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			
			CHEST	ABDOMEN	THIGH				BF %	Weight	Lean Mass	Fat Mass
0	05/02/11	191.20	7.10	18.30	15.10	13.50%	165.40 lbs	25.80 lbs	0.00%	0.00 lbs	0.00 lbs	0.00 lbs
1	06/10/11	185.90	7.00	17.50	14.60	13.07%	161.51 lbs	24.29 lbs	-0.42%	-5.40 lbs	-3.88 lbs	-1.52 lbs
2	06/17/11	189.00	6.90	17.30	14.20	12.86%	164.70 lbs	24.30 lbs	-0.21%	3.20 lbs	3.18 lbs	0.02 lbs
3	06/27/11	189.90	6.60	17.00	13.60	12.58%	165.92 lbs	23.88 lbs	-0.27%	0.80 lbs	1.22 lbs	-0.42 lbs
4	07/01/11	188.40	6.40	15.80	13.30	11.97%	165.85 lbs	22.55 lbs	-0.61%	-1.40 lbs	-0.07 lbs	-1.33 lbs
5	07/15/11	188.00	6.00	13.90	12.70	11.08%	167.18 lbs	20.82 lbs	-0.90%	-0.40 lbs	1.33 lbs	-1.73 lbs
6	07/21/11	184.80	5.40	13.40	12.20	10.58%	165.25 lbs	19.55 lbs	-0.50%	-3.20 lbs	-1.93 lbs	-1.27 lbs
7	08/01/11	184.60	5.30	11.60	12.10	9.95%	166.23 lbs	18.37 lbs	-0.63%	-0.20 lbs	0.98 lbs	-1.18 lbs
8	08/15/11	182.40	5.20	12.10	12.20	10.11%	163.96 lbs	18.44 lbs	0.16%	-2.20 lbs	-2.27 lbs	0.07 lbs
9	09/16/11	183.00	6.90	13.30	11.80	10.61%	163.59 lbs	19.41 lbs	0.50%	0.60 lbs	-0.38 lbs	0.98 lbs
10	10/27/11	181.60	6.50	13.50	11.40	10.70%	162.16 lbs	19.44 lbs	0.09%	-1.40 lbs	-1.42 lbs	0.02 lbs
11	04/30/13	208.60	15.20	31.60	18.00	20.77%	165.27 lbs	43.33 lbs	10.07%	27.00 lbs	3.10 lbs	23.90 lbs
12	06/10/13	202.20	13.80	21.40	17.30	17.28%	167.26 lbs	34.94 lbs	-3.49%	-6.40 lbs	1.99 lbs	-8.39 lbs
13	06/25/13	199.00	12.30	20.40	16.90	16.43%	166.30 lbs	32.70 lbs	-0.85%	-3.20 lbs	-0.96 lbs	-2.24 lbs
14	07/06/13	194.40	11.30	18.20	15.50	15.07%	165.10 lbs	29.30 lbs	-1.36%	-4.60 lbs	-1.20 lbs	-3.40 lbs
15	07/26/13	192.60	8.90	17.00	14.60	13.78%	166.06 lbs	26.54 lbs	-1.29%	-1.80 lbs	0.96 lbs	-2.75 lbs
16	08/09/13	189.60	8.10	15.60	13.60	12.75%	165.43 lbs	24.17 lbs	-1.03%	-3.00 lbs	-0.62 lbs	-2.38 lbs
17	08/23/13	190.20	8.00	14.90	13.70	12.53%	166.37 lbs	23.83 lbs	-0.21%	0.60 lbs	0.93 lbs	-0.33 lbs
18	09/06/13	188.20	7.40	14.00	13.30	11.95%	165.72 lbs	22.48 lbs	-0.58%	-2.00 lbs	-0.65 lbs	-1.35 lbs
19	09/20/13	187.60	6.30	13.30	12.90	11.27%	166.47 lbs	21.13 lbs	-0.68%	-0.60 lbs	0.75 lbs	-1.35 lbs

End of records

