

**Brought to you by FITNESSANDBODYIMAGE.COM**

Body view Circumferences Measurements

Name: \_\_\_\_\_  
Neck \_\_\_\_\_ Thigh \_\_\_\_\_ Calf \_\_\_\_\_  
Chest \_\_\_\_\_ \*\*Waist \_\_\_\_\_ Ratio: \_\_\_\_\_  
Bicep \_\_\_\_\_ \*\* Hip \_\_\_\_\_

Height: \_\_\_\_\_ (Inches) Circle one: M (Male) F (Female)  
Age: \_\_\_\_\_ Bodyweight \_\_\_\_\_ (Pounds)

Report Data

Body Fat Percentage \_\_\_\_\_ (%) Excess Fat: \_\_\_\_\_ Healthy Fat: \_\_\_\_\_  
Fat Free Mass: \_\_\_\_\_ Estimated Water: \_\_\_\_\_  
Risk Heart Disease: \_\_\_\_\_ Stroke: \_\_\_\_\_ Diabetes: \_\_\_\_\_

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