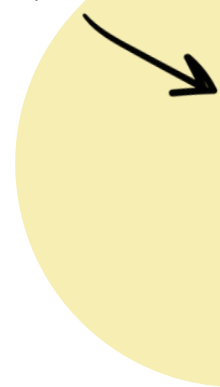


Is your body trying to tell you something?...



Body Composition	Start	Week 1	2	3	4	5	6	7	8	9	10	11	12
Weight (kg or lbs)													
Height (cm or feet/inches)													
BMI													
Waist (cm)													
Hip (cm)													
Chest (cm)													
Fat %													
Muscle %													
Muscle Mass kg / lbs													
Visceral Fat Rating													
Total Body Water %													
Metabolic Age													

Small steps to a healthier you



Calculate your Waist:Hip ratio by dividing your waist circumference by your hip circumference.

The waist to hip ratio determines your health risks and is an indication of whether you have an apple or pear shaped figure.

According to the World Health Organization (WHO), a healthy WHR is:

0.9 or less in men

0.85 or less for women