

Client: Linda Bernardi  
 DOB: 28/02/1980

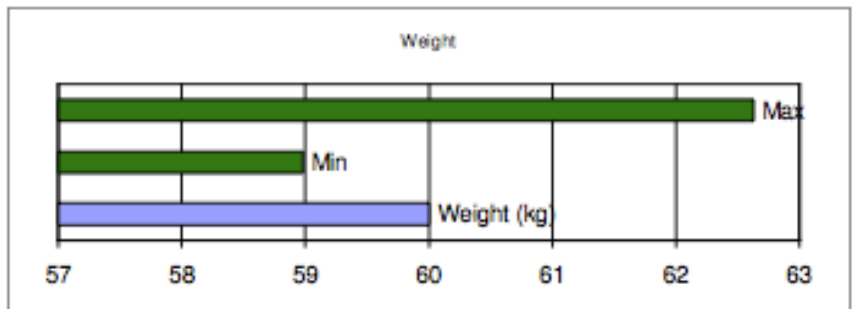
Gender: Female

Resistance: 550.1  
 Reactance: 65.1

Height (cm): 165  
 Gender: Female

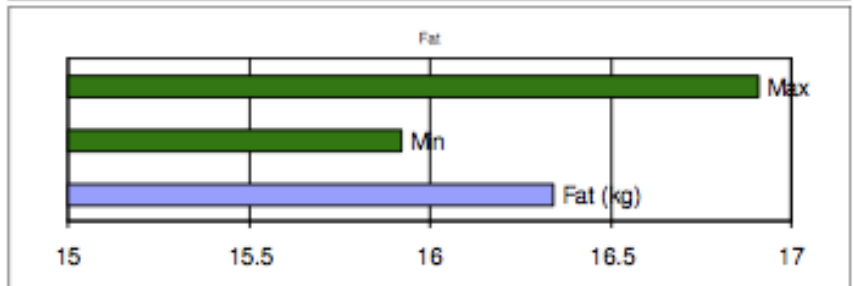
**Body Composition**

Ideal Weight (kg): 60.80  
 Weight (kg): 60.00  
 Skeletal Tissue (kg): 7.30  
 Ideal ECW (litres): 13.38  
 Frame Size: Medium  
 Body Mass Index: 22.04



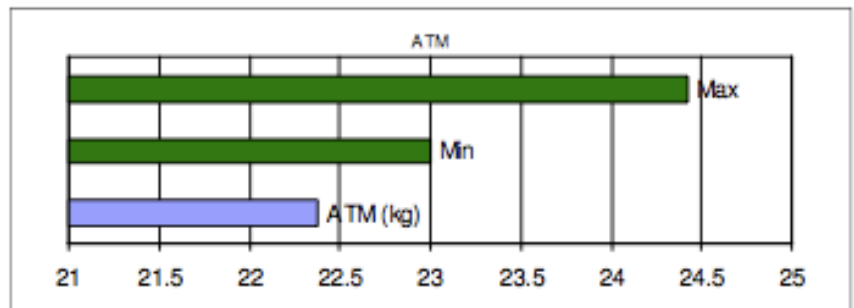
**Fat Mass**

Fat (kg): 16.34  
 Ideal Fat Mass (kg): 16.42  
 % of Total Weight: 27.24%  
 % of Ideal Fat Mass: 99.55%  
 Difference from Ideal (kg): -0.07



**Active Tissue Mass**

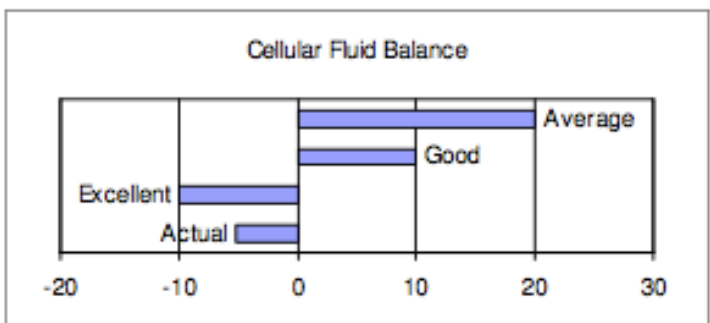
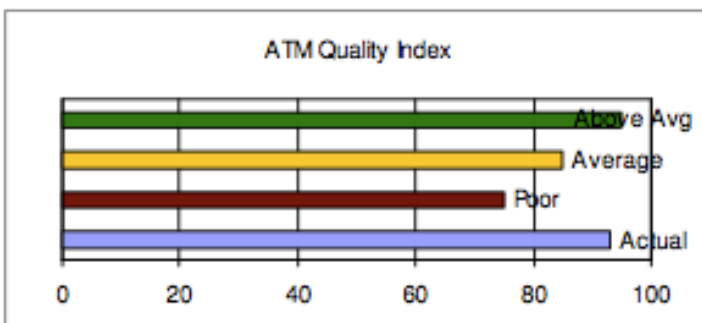
ATM (kg): 22.38  
 Ideal ATM (kg): 23.71  
 % of Total Weight: 37.30%  
 % of Ideal ATM: 94.39%  
 Difference from Ideal (kg): -1.33



**Optimal Health Indicators**

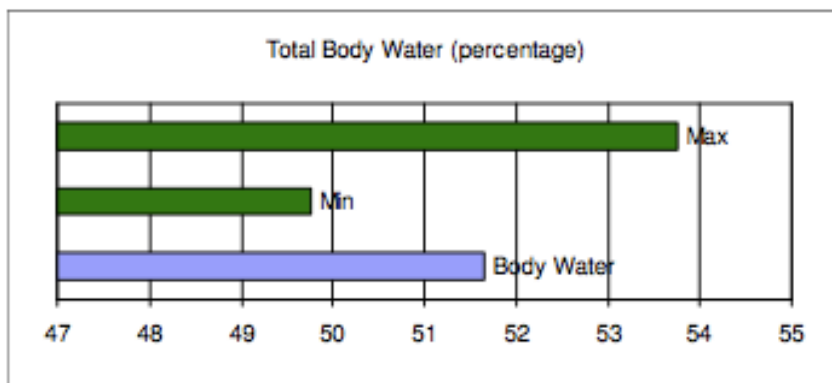
Phase Angle: 6.75  
 % of Avg. Phase Angle: 102.26%  
 ATM Quality Index: 0.93  
 Cellular Fluid Balance: -5.16

Patient Age: 28  
 Biomarker Index: 24.22  
 Fat Distribution Index: Normal  
 Fat Muscle Ratio: 0.73  
 Basal Metabolic Rate: 1379.90



### Fluid Balance

Total Body Water (litres):	31.00
Total Body Water %:	51.66%
IntraCellular Water (litres):	17.02
IntraCellular Water %:	54.89%
ExtraCellular Water (litres):	13.98
ExtraCellular Water %:	45.11%



### Optional Assessment

Metabolic Risk

Fitness Index

### Nutritional Requirements

Energy (calories):	1670
Energy (kilojoules):	6992
Protein (g):	N/A
Carbohydrate (g):	N/A
Fat (g):	N/A
Water (litres) (minimum)	1.34

Calorie Adjustment:

Selected Nutrition Ratios:

Protein %:	N/A
Carbohydrate %:	N/A
Fat %:	N/A

Date Created: 17/06/2008

Next Test Date:

\*\*\* Add 1 litre per hour of exercise