

HEALY'S AFFORDABLE PERSONAL TRAINING PROJECTIONS ©

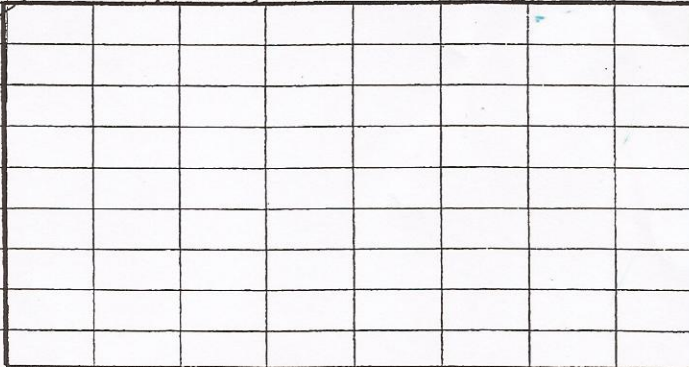
Start

		EST.	ACT.	EST.	ACT.	EST.	ACT.
Total							
Wt. =	Kg →						
B'fat =	Kg →						
L.B.M	Kg →						
B'fat =	% →						
Tot.Wt							

Further Projects

Total	
Weight =	Kg.
B'Fat =	Kg.
L.B.M. =	Kg.
B'fat =	%
Tot. Wt.	

Graph of Body-fat lost and Muscle tone/gain



Progressive Skinfolds/Measurements

date/mth

4

8

12

16

20

24