

Body Composition Goals

Name Louden Swain
Date 10/1/2007

In this example, note the loss in lean mass to get to the target weight while keeping to the Minimum Body Fat standard.

Body Fat Percentage **13.5%**
Fat Body Weight (lbs.) 25.000
Lean Body Weight (lbs.) 160.000
Total Weight (lbs.) 185.000

GOALS	168 Weight Class	
Body Fat Percent	7.00%	4.77%
Lean Body Weight (lbs.)	160.000	156.240
Total Weight (lbs.)	172.04	168.00

Weight Loss per Week (lbs.)	2	2
Amount of Weeks	6	8
Target Date	11/15/07	11/29/07

