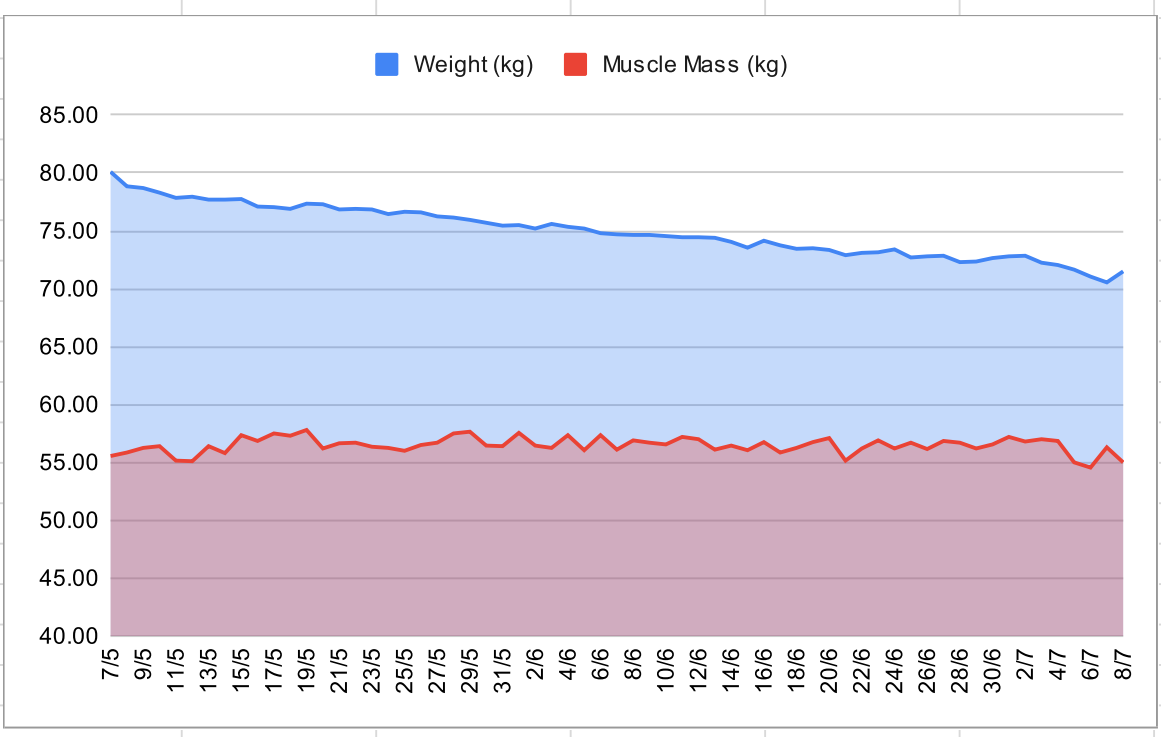
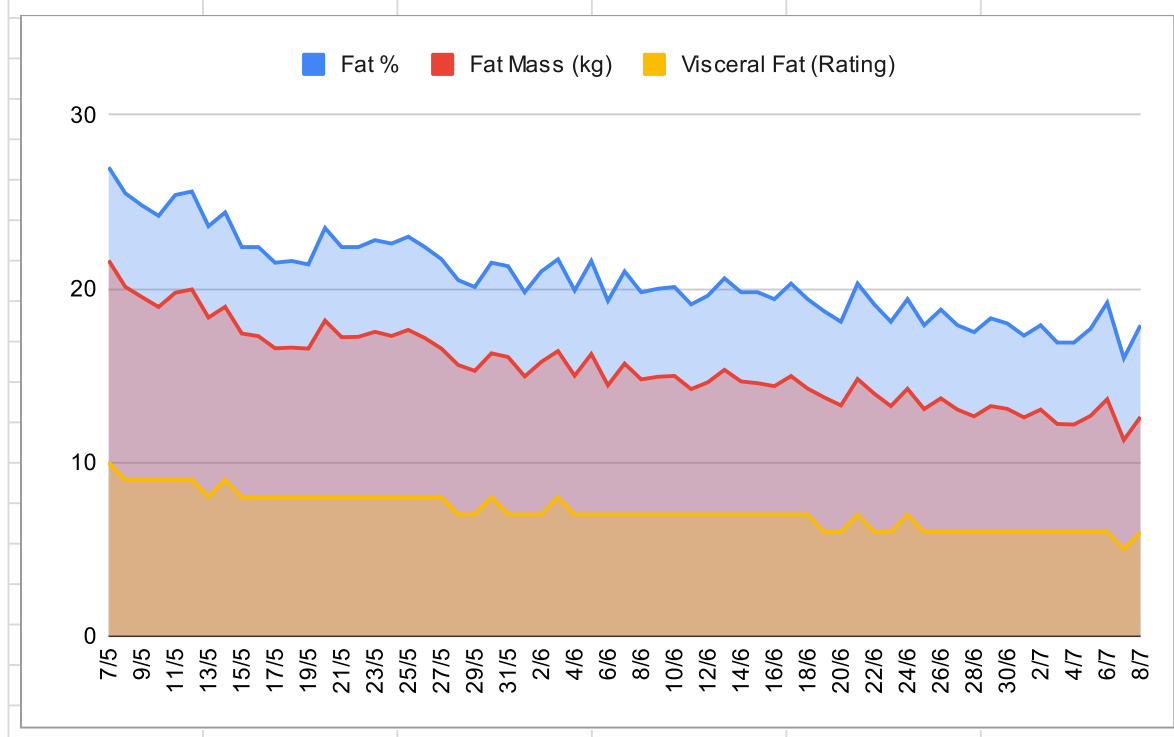


Date	Weight (kg)	Fat %	Fat Mass (kg)	Muscle Mass (kg)	Visceral Fat (Rating)	Trunk %	Left Arm %	Left Leg %	Right Arm %	Right Leg %
7/5	80.10	27.00	21.63	55.55	10	22.0	30.0	33.6	27.4	33.7
8/5	78.85	25.50	20.11	55.85	9	21.2	22.7	31.8	24.1	32.6
9/5	78.70	24.80	19.52	56.25	9	21.7	20.8	30.4	19.3	31.0
10/5	78.30	24.20	18.95	56.40	9	21.8	19.5	29.2	21.0	29.0
11/5	77.85	25.40	19.77	55.15	9	22.9	20.2	30.4	20.1	31.4
12/5	77.95	25.60	19.96	55.10	9	24.1	19.5	29.6	21.2	29.5
13/5	77.70	23.60	18.34	56.40	8	21.5	17.7	29.5	15.2	28.3
14/5	77.70	24.40	18.96	55.80	9	21.3	20.2	30.1	20.7	30.4
15/5	77.75	22.40	17.42	57.35	8	19.5	19.6	27.4	18.1	28.2
16/5	77.10	22.40	17.27	56.85	8	18.4	22.5	28.7	19.6	28.5
17/5	77.05	21.50	16.57	57.50	8	18.1	19.9	27.6	16.0	27.4
18/5	76.90	21.60	16.61	57.30	8	17.5	21.3	27.4	20.2	28.1
19/5	77.35	21.40	16.55	57.80	8	19.0	14.2	27.0	17.0	26.7
20/5	77.30	23.50	18.17	56.20	8	21.7	16.8	27.9	18.7	28.0
21/5	76.85	22.40	17.21	56.65	8	19.6	19.1	28.0	16.4	27.9
22/5	76.90	22.40	17.23	56.70	8	19.7	18.2	27.6	17.7	27.8
23/5	76.85	22.80	17.52	56.35	8	19.6	19.2	28.4	19.5	28.8
24/5	76.45	22.60	17.28	56.25	8	20.3	19.4	27.2	19.3	27.1
25/5	76.65	23.00	17.63	56.00	8	20.4	20.8	28.1	18.9	28.1
26/5	76.60	22.40	17.16	56.50	8	19.2	20.8	27.5	19.7	27.9
27/5	76.25	21.70	16.55	56.70	8	18.9	17.2	27.6	16.7	27.3
28/5	76.15	20.50	15.61	57.50	7	21.5	11.0	21.2	12.2	22.5
29/5	75.95	20.10	15.27	57.65	7	17.4	16.9	25.2	17.0	25.4
30/5	75.70	21.50	16.28	56.45	8	18.1	18.5	27.3	18.6	27.7
31/5	75.45	21.30	16.07	56.40	7	17.6	16.0	27.7	16.5	28.8
1/6	75.50	19.80	14.95	57.55	7	16.6	15.3	25.9	15.2	25.8
2/6	75.20	21.00	15.79	56.45	7	18.7	19.2	25.5	15.4	25.8
3/6	75.60	21.70	16.41	56.25	8	20.4	20.3	24.3	19.3	24.2
4/6	75.35	19.90	14.99	57.35	7	21.8	10.3	19.4	13.3	19.9
5/6	75.20	21.60	16.24	56.05	7	19.3	21.2	25.6	17.6	25.9
6/6	74.80	19.30	14.44	57.35	7	16.5	15.2	24.6	14.0	25.4
7/6	74.70	21.00	15.69	56.10	7	17.9	19.3	26.0	18.1	26.6
8/6	74.65	19.80	14.78	56.90	7	16.3	16.9	25.7	17.0	25.7
9/6	74.65	20.00	14.93	56.70	7	17.2	17.1	25.4	15.1	25.5
10/6	74.55	20.10	14.98	56.55	7	17.8	14.5	25.6	13.3	25.6
11/6	74.45	19.10	14.22	57.20	7	16.7	13.8	25.4	12.4	24.2
12/6	74.45	19.60	14.61	57.00	7	17.5	13.7	24.7	16.5	23.5
13/6	74.40	20.60	15.33	56.10	7	18.7	16.3	25.5	14.9	24.9
14/6	74.05	19.80	14.66	56.45	7	18.4	14.3	24.1	13.9	23.3
15/6	73.55	19.80	14.56	56.05	7	17.3	16.8	24.8	17.1	24.2
16/6	74.15	19.40	14.39	56.75	7	17.5	14.9	23.7	14.8	23.9
17/6	73.75	20.30	14.97	55.85	7	17.5	16.5	25.4	16.3	25.8
18/6	73.45	19.40	14.25	56.25	7	15.8	17.5	24.9	17.5	25.5
19/6	73.50	18.70	13.74	56.75	6	15.9	13.9	24.8	13.1	24.4
20/6	73.35	18.10	13.28	57.10	6	14.7	11.6	25.1	14.7	24.3
21/6	72.90	20.30	14.80	55.15	7	16.6	17.4	27.0	14.7	27.3
22/6	73.10	19.10	13.96	56.20	6	15.5	15.4	25.3	15.4	25.6
23/6	73.15	18.10	13.24	56.90	6	15.4	13.5	24.0	12.2	23.8
24/6	73.40	19.40	14.24	56.20	7	15.9	14.0	25.9	15.0	26.3
25/6	72.70	17.90	13.07	56.70	6	14.8	12.9	24.2	12.8	24.2
26/6	72.80	18.80	13.69	56.15	6	15.7	14.6	24.7	13.9	25.1
27/6	72.85	17.90	13.04	56.85	6	14.4	14.4	24.2	13.8	24.7
28/6	72.30	17.50	12.65	56.70	6	14.1	11.0	24.1	13.7	24.2
29/6	72.35	18.30	13.24	56.20	6	15.3	14.5	24.5	13.0	23.8
30/6	72.65	18.00	13.08	56.55	6	16.1	11.2	23.5	11.9	22.8
1/7	72.80	17.30	12.59	57.20	6	15.8	10.4	21.7	11.3	21.7
2/7	72.85	17.90	13.04	56.80	6	16.5	12.0	22.1	11.7	21.9
3/7	72.25	16.90	12.21	57.00	6	15.3	9.8	22.3	9.2	21.5
4/7	72.05	16.90	12.18	56.85	6	16.2	9.3	20.6	10.8	20.1
5/7	71.65	17.70	12.68	55.00	6	15.6	12.0	23.3	9.9	23.0
6/7	71.05	19.20	13.64	54.55	6	17.3	13.5	24.3	12.8	23.9
7/7	70.55	16.00	11.29	56.30	5	15.0	8.4	20.4	8.4	19.8
8/7	71.50	17.90	12.62	55.00	6	16.2	10.8	22.5	12.5	22.6

**JACOB**



Date	Weight (kg)	Fat %	Fat Mass (kg)	Muscle Mass (kg)	Visceral Fat (Rating)	Trunk %	Left Arm %	Left Leg %	Right Arm %	Right Leg %
7/5	85.50	25.20	21.55	60.80	10	27.4	13.3	24.5	18.3	24.8
8/5	84.70	23.80	20.16	61.35	10	26.4	11.2	24.5	12.6	22.7
9/5	84.65	23.70	20.06	61.40	10	26.1	10.6	23.4	10.7	24.9
10/5	84.55	23.10	19.53	61.75	10	25.6	9.3	23.4	11.4	23.3
11/5	83.90	22.60	18.96	61.75	10	25.8	7.0	22.7	10.6	21.1
12/5	83.30	23.00	19.16	60.95	10	26.0	7.2	22.7	10.9	22.7
13/5	83.00	22.70	18.84	61.00	10	25.7	8.9	22.2	12.1	21.6
14/5	83.25	20.80	17.32	62.60	9	22.8	9.2	21.1	8.8	22.0
15/5	83.00	22.20	18.43	61.40	9	26.0	9.0	19.4	11.0	20.3
16/5	82.80	21.40	17.72	61.85	9	25.2	5.8	19.1	7.6	20.9
17/5	85.85	21.10	17.48	62.15	9	24.7	9.2	17.7	12.2	19.3
18/5	82.45	20.50	16.90	62.30	9	22.3	9.6	21.1	8.7	21.7
19/5	82.15	21.10	17.33	61.60	9	24.0	6.9	21.3	9.8	20.0
20/5	82.50	21.60	17.82	61.45	9	26.3	7.5	18.0	11.9	17.5
21/5	81.85	20.20	16.53	62.10	9	23.2	8.7	18.6	10.1	19.0
22/5	81.85	21.20	17.35	61.30	9	24.0	11.4	19.9	11.0	20.1
23/5	81.40	21.20	17.26	61.00	9	23.7	9.5	20.2	11.8	20.9
24/5	80.95	20.50	16.59	61.15	9	24.2	6.9	18.6	10.3	18.4
25/5	81.10	22.00	17.84	60.15	9	25.3	11.9	19.3	15.5	19.1
26/5	80.90	21.20	17.15	60.60	9	24.6	12.6	18.0	15.7	17.3
27/5	80.80	20.10	16.24	61.35	8	23.6	8.5	17.8	10.2	17.7
28/5	80.40	19.90	16.00	61.25	8	23.5	4.2	18.6	10.5	17.4
29/5	79.90	19.40	15.50	61.15	8	22.0	5.9	19.0	8.5	19.5
30/5	79.70	20.20	16.10	60.45	8	23.9	3.6	18.5	8.5	18.9
31/5	79.55	19.00	15.11	61.25	8	21.9	3.6	18.1	9.3	18.3
1/6	79.45	18.30	14.54	61.65	8	20.8	4.6	18.3	6.9	18.6
2/6	79.35	18.40	14.60	61.55	8	22.4	5.7	15.9	7.4	15.5
3/6	79.50	18.00	14.31	61.95	8	24.1	1.7	12.7	10.2	10.1
4/6	79.25	17.90	14.19	61.80	8	21.1	1.0	17.5	5.7	17.5
5/6	78.65	18.50	14.55	60.90	8	22.6	4.7	15.8	8.3	15.7
6/6	78.25	17.60	13.77	61.25	7	20.6	1.5	17.4	4.7	17.7
7/6	78.05	17.90	13.97	60.95	7	20.8	2.1	18.1	5.0	17.5
8/6	77.85	18.80	14.64	60.05	8	22.7	4.7	16.9	10.7	15.1
9/6	78.55	16.90	13.27	62.00	7	19.6	1.0	17.2	3.3	17.7
10/6	77.65	17.40	13.51	60.95	7	20.5	2.3	17.0	4.8	16.8
11/6	77.45	18.00	13.94	60.35	7	22.4	1.4	15.4	7.5	15.0
12/6	77.85	16.80	13.08	61.55	7	21.2	1.9	14.8	6.4	12.4
13/6	77.30	17.70	13.68	60.45	7	21.3	3.3	16.5	7.3	14.8
14/6	77.30	16.80	12.99	61.10	7	21.0	1.2	15.1	1.2	14.7
15/6	76.65	16.40	12.57	60.90	7	20.2	1.0	15.2	3.2	14.5
16/6	76.75	15.90	12.20	61.30	7	21.3	1.0	12.5	3.1	10.4
17/6	76.25	16.90	12.89	60.20	7	20.6	1.0	15.1	6.6	15.0
18/6	75.50	15.80	11.93	60.40	7	18.4	2.8	16.4	2.4	15.8
19/6	75.75	15.90	12.04	60.55	7	18.6	1.0	16.4	3.2	16.0
20/6	75.30	16.60	12.50	59.65	7	18.8	1.0	16.5	7.6	17.8
21/6	74.95	15.00	11.24	60.50	6	17.0	1.4	15.9	3.0	16.4
22/6	75.15	15.90	11.95	60.05	7	19.2	1.0	16.1	1.6	15.0
23/6	75.15	14.80	11.12	60.85	6	17.6	1.0	14.5	1.0	15.3
24/6	74.75	14.80	11.06	60.55	6	17.2	1.0	14.8	1.0	15.9
25/6	74.40	15.10	11.23	60.05	6	17.8	1.0	14.8	2.1	15.5
26/6	74.25	14.30	10.62	60.45	6	16.5	1.0	14.7	2.9	15.0
27/6	74.30	14.80	11.00	60.20	6	17.3	1.0	15.0	3.6	14.7
28/6	74.25	13.30	9.88	61.15	6	14.3	1.0	15.3	1.0	16.8
29/6	73.60	13.90	10.23	60.20	6	17.6	1.0	12.7	1.0	11.8
30/6	74.00	14.40	10.66	60.15	6	18.5	1.0	11.9	1.6	12.0
1/7	73.65	13.00	9.57	60.90	6	15.7	1.0	12.1	1.0	13.4
2/7	73.55	14.00	10.30	60.10	6	17.9	1.0	11.2	3.7	11.9
3/7	72.95	14.70	10.72	59.10	6	18.3	1.0	13.1	1.0	13.9
4/7	73.05	12.60	9.20	60.70	5	14.5	1.0	12.8	1.0	14.0
5/7	72.65	14.20	10.32	59.20	6	17.9	1.0	12.5	1.0	12.5
6/7	72.55	12.20	8.85	60.50	5	13.6	1.0	13.1	1.0	14.6
7/7	72.10	12.50	9.01	60.00	5	15.0	1.0	12.6	1.0	12.1
8/7 After Shot	72.70	13.70	9.96	59.65	6	18.8	1.0	8.8	3.3	9.0

**ROB**

