

Height/Weight/Biomass Monitor

Name	Anna Player					
Date of Birth	16-Aug-89					
Date	10-Jan-05	7-Jul-05	20-Jan-06	13-Jul-06	7-Jan-07	20-Jul-07
Height cm	174	174	174	174	176	177
Weight KG	70	69	68	68	67	65
BMI	23	23	22	22	22	21
% Body fat	30	30	29	28	26	24
FFBM	54	53	53	53	53	52
Low BF - Tennis	19	19	19	19	19	19
High BF - Tennis	25	25	25	25	25	25
Target Weight - Low	64	63	63	63	63	62
Target Weight High	67	66	66	66	66	66
Target loss - Low	6	6	5	5	4	3
Target Loss - High	3	3	2	2	1	-1
RPR						
Peak Flow Litres/Min		365	370	430	470	525

