

Client Name : Pranay	Weight: 95.5kg Height : 167cm	Physical Activity: Average (3-5/week)	AGE: 31yrs Address: Bhayander	Date: 05/04/20 20
Body composition			Size(inches)	
Neck			16"	
Arms (Left/Right)			13.5"	13.5"
Fore-arms (Left/Right)			11"	11"
Chest/Bust			45"	
Shoulder			20"	
Mid-waist			45"	
Waist			41"	
Hips			43"	
Thighs (Left/Right)			25"	26"
Calves (Left/Right)			16.1"	16.5"
Basal Metabolic Rate : 2005.72 Kcal/day			TDEE: 2866 BMI: 34.2(Obese1)	
Calories intake: 1200-1500Kcal/day recommended			Fat Composition :32% Target:15% Body fat: 30.56kg	

Client Name : Pranay	Weight: 92.8kg Height : 167cm	Physical Activity: Heavy (6-7/week)	AGE: 31yrs Address: Bhayander	Date: 02/05/20 20
Body composition			Size(inches)	
Neck			16"	
Arms (Left/Right)			13"	13"
Fore-arms (Left/Right)			11"	11"
Chest/Bust			44.5"	

Shoulder	19"	
Mid-waist	44"	
Waist	40"	
Hips	42"	
Thighs (Left/Right)	24.7"	25"
Calves (Left/Right)	16"	16"
Basal Metabolic Rate : 1968.596 Kcal/day	TDEE: 3143 BMI: 33.3(Obese1)	
Calories intake: 1200- 1500Kcal/day recommended	Fat Composition :30.9% Target:15% Body fat: 28.69kg	