Physique
1. Hidden Obese 2. Obese 3. Solidly built 4. Under exercised 5. Standard 6. Standard and Muscular 7. Thin 8. Thin and Muscular 9. Very muscular

Bone Mass Women
>50kg 1.95kg
50kg – 75kg 2.4kg
75kg + 2.95kg

Bone Mass Men
>65kg – 2.66kg
65kg – 95kg 3.29kg
95kd + 3.69kg

Visceral Fat
1 – 12 = Healthy
13+ Excess VF

MiMFIT
Strong Body... Strong Mind

NAME: ______________________________

Height: ______ Birthdate: _________ Age: ___

DATE	WEIGHT	BF%	MUSCLE	BONE	VISCERAL	PHYSIQUE RATING	SHOULDERS	CHEST	WAIST	BELLY BUTTON	HIPS/ BUTT	THIGH		BICEPS		KG LOST	CM LOST	BF% LOST
												R	L	R	L			