

NAME _____ **DATE** _____

RESULTS



Body Weight lbs	Body Fat Percentage	Water Percentage	Muscle Mass	Physique Rating	Basal Rate Metabolism	Metabolic Age	Bone Mass	Visceral Fat	Grip Strength

Body Weight kg _____ **Lean Mass kg** _____ **TANITA IRONMAN BIA**

CALCULATIONS

Lean Mass kg _____ x _____ **gm =** _____ **grams of protein per day**

Lean Mass kg _____ x **30 ml H2O/kg/LM =** _____ **ml water per day**

DAILY PROTEIN CLASS REQUIREMENTS

Class 1 (Sedentary) 1g/kg/LM Class 2 (Cardio Only) 1.5g/kg/LM Class 3 (Cardio + Resistance) 2g/kg/LM

BODY FAT GUIDELINES FOR HEALTH, PERFORMANCE & RISK (ALL-CAUSE-MORTALITY)

MEN Athletic 10-15% | Healthy 15-20% | Moderate Risk >20% | High Risk >30%

WOMEN Athletic 15-20% | Healthy 20-25% | Moderate Risk >25% | High Risk >35%

APPENDIX: PHYSICAL STATUS ACCORDING TO THE TEST RESULT BY THE DYNAMOMETER (UNIT: LBS)

AGE	MALE			FEMALE		
	Weak	Normal	Strong	Weak	Normal	Strong
10-11	<27.8	27.8-49.4	>49.4	<26.0	26.0-47.6	>47.6
12-13	<42.8	42.8-68.8	>68.8	<32.2	32.2-53.8	>53.8
14-15	<62.8	62.8-97.7	>97.7	<34.2	34.2-60.2	>60.2
16-17	<71.9	71.9-115.5	>115.5	<37.9	37.9-63.9	>63.9
18-19	<78.7	78.7-122.4	>122.4	<42.3	42.3-68.3	>68.3
20-24	<81.1	81.1-124.8	>124.8	<47.4	47.4-77.8	>77.8
25-29	<83.1	83.1-126.8	>126.8	<56.4	56.4-91.3	>91.3
30-34	<79.4	79.4-123.0	>123.0	<47.4	47.4-77.8	>77.8
35-39	<78.9	78.9-122.6	>122.6	<44.8	44.8-75.2	>75.2
40-44	<78.3	78.3-121.9	>121.9	<41.7	41.7-72.1	>72.1
45-49	<76.5	76.5-120.2	>120.2	<41.0	41.0-71.4	>71.4
50-54	<72.5	72.5-111.8	>111.8	<39.9	39.9-70.3	>70.3
55-59	<67.7	67.7-106.9	>106.9	<39.0	39.0-69.4	>69.4
60-64	<66.6	66.6-105.8	>105.8	<37.9	37.9-68.3	>68.3
65-69	<62.2	62.2-97.0	>97.0	<34.0	34.0-60.0	>60.0
70-99	<47.0	47.0-77.4	>77.4	<32.4	32.4-54.0	>54.0

GRIP STRENGTH is a research proven biomarker for overall strength, upper limb function, bone mineral density, fractures, falls, malnutrition, cognitive impairment, depression, sleep problems, diabetes, multi-morbidity, all-cause and disease-specific mortality, future function, cognition health, depression, problems associated with hospitalization and overall quality of life. CORYHOLLY.COM