

YOUR BIGGER FUTURE™ HEALTHY BODY NUMBERS

Start date: 31/8/14	STARTING NUMBERS	TARGET NUMBERS	TARGET DATE	MONTH 1	MONTH 3	MONTH 6
Weight	191 lbs -----	161 lbs -----	August 2015	180 lbs -----	175 lbs -----	167 lbs -----
	86.7 kilos	73 kilos		81 kilos	79 kilos	75.8 kilos
Body mass index (BMI)	30%	23%	August 2015	29%	25%	24.6%
Body fat	29%	20%	August 2015	29%	26%	22.6%
Abdominal / Visceral fat	12%	7%	August 2015	11%	10%	9%
Blood pressure	Systolic- 135 Diastolic- 86 Pulse- 80	Systolic- 130 Diastolic- 85 Pulse- 70	August 2015	Systolic- 134 Diastolic- 85 Pulse- 75	Systolic- 130 Diastolic- 84 Pulse- 70	Systolic- 128 Diastolic- 83 Pulse- 68
Cholesterol	5.3	' well below 5 mmol/L '	August 2015	5.1	4.9	4.8