

BODY COMPOSITION ASSESSMENT
administered by the
SCHOOL OF HUMAN KINETICS
JOHN M BUCHANAN
EXERCISE SCIENCE LABORATORY
UNIVERSITY OF BRITISH COLUMBIA

Name: Melanie Proffitt

Age: 32 years

Height: 162.1 cm 63.8 inches

Weight: 49.4 kgs 108.7 lbs

Test Date: 29-Sep-06

HYDROSTATIC WEIGHT

Underwater Weight: 1.8 kgs

Water Temperature: 36 °C

Body Density: 1.059

BODY COMPOSITION RESULTS

Actual Body Weight = 108.7 lbs 49.4 kgs with 18.9 lbs Body Fat 17.4%

Lean Body Weight = 89.8 lbs 40.8 kgs with 0.0 lbs Body Fat 0.0%

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Name: Melanie Proffitt

Age: 32 years

Height: 162.1 cm 63.8 inches

Weight: 48.1 kgs 105.8 lbs

Test Date: 3-Nov-06

HYDROSTATIC WEIGHT

Underwater Weight: 2.0 kgs

Water Temperature: 32 °C

Body Density: 1.067

BODY COMPOSITION RESULTS

Actual Body Weight = 105.8 lbs 48.1 kgs with 14.7 lbs Body Fat 13.9%

Lean Body Weight = 91.1 lbs 41.4 kgs with 0.0 lbs Body Fat 0.0%