

# BIOIMPEDANCE ANALYSIS (BIA)

Client: \_\_\_\_\_

## Client Chart

DOB: \_\_\_ / \_\_\_ / \_\_\_

<u>Anthropometric</u>	<u>Range</u>	<u>Healthiest</u>	<u>Test 1</u>	<u>Test 2</u>	<u>Test 3</u>
Height			___ / ___ / ___	___ / ___ / ___	___ / ___ / ___
Weight			_____	_____	_____
Body Mass Index (kg/m <sup>2</sup> )	15-40	low	_____	_____	_____

## Mass Distribution

Percent Body Fat	3-50	low	_____	_____	_____
Fat Body Weight			_____	_____	_____
Lean Body Weight			_____	_____	_____
Basal Metabolic Rate (cals/day)	500-4000	high	_____	_____	_____

## Water Compartments

Total Body Water (liters)			_____	_____	_____
Total Body Water (% wt)	30-70	mid	_____	_____	_____
Total Body Water (% lean wt)	60-80	mid	_____	_____	_____

## Impedance

Resistance (ohms)	400-800	low	_____	_____	_____
Reactance (ohms)	20-80	high	_____	_____	_____

## Recommendations

Percent Body Fat	3-50	low	_____	_____	_____
Total Weight			_____	_____	_____
Fat Weight			_____	_____	_____
Lean Weight			_____	_____	_____
Weight to Lose			_____	_____	_____
Basal Metabolic Rate (cals/day)	500-4000	high	_____	_____	_____

## Comments

1

2

3