

HEALY'S AFFORDABLE PERSONAL TRAINING PROJECTIONS ©

Start		4				8				12							
		EST.		ACT.		EST.		ACT.		EST.		ACT.					
Total Wt. =	Kg →																
B'fat =	Kg →																
L.B.M	Kg →																
B'fat =	% →																
Tot.Wt																	
Further Projects																	
Total Weight =	Kg.																
B'Fat =	Kg.																
L.B.M. =	Kg.																
B'fat =	%																
Tot. Wt.																	
Graph of Body-fat lost and Muscle tone/gain																	
Progressive Skinfolds/Measurements																	
date/mth																	
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>																	
		4			8			12			16			20			24