

# The Lifestyle Concept

## Bodily Fat Estimation

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# Introduction to "FATWEIGH"

The bodily fat estimation becomes by many methods. In the "**FATWEIGH**" program is achieved by somatometric data, or by Skinfold measurements, and is applied on adults and children.

The designation of the daily needs of diet is obtained with the program "**HARMONY**", with which the **ideal bodily weight** is determined, based on the **gender**, the **age** and the **height**, and optionally the perimeters of **Waist**, **Neck** and **Hips** (women), or **Skinfold** measurements. The **ideal bodily weight** results from parameters that have relation with the **Body Mass Index** (BMI) and the **body fat**. The daily caloric needs are determined by the **body type** and other parameters.

The daily trophic needs are covered with a flexible composition diet, adapted in the nutritional preferences of each individual, taking into consideration the **Hellenic nutritional habits and way of life**. The composition of meals is determined according to the **caloric needs**, but also by the requirements in **proteins, lipids, carbohydrates, trace elements, vitamins, and amino-acids**. For the composition of meals analysis, the application "**NUTRITION**" is used.

The adaptation in the **ideal bodily weight**, except of the **diet**, is combined essentially with the suitable **physical exercise** and **activity**, so that is **adapted** rightly, i.e. to be **decrease the fat** and **increase the muscular tissue**. In the case of muscular tissue reduction, **would be influenced negatively the metabolism**. For the determination of suitable individually **physical exercise** and **activity**, the program "**ACTIVITY**" is used.

The group of the above programs (**HARMONY, NUTRITION, ACTIVITY, "FATWEIGH"**), has resulted from many documented researches of **Dr Konstantinos N. Pavlou Sc.D, FAAKPE** in the Medical schools of **HARVARD** and **BOSTON** in the U.S.A., in combination with all the current knowledge in the relative subjects.

The content of program "**FATWEIGH**" are:

## Basic customer elements

Gender

Surname

Name

Parents

Birth date - Age

## **Session elements**

### **Somatometric data**

**Weight**

**Height**

**Waist**

**Neck**

**Hips** (women only)

### **Skinfold measurements**

### **Session date - Age**

## **Database management**

### **Search and navigation**

### **Records operations**

## **Database records catalogues**

## **Sessions results manual**

### **Manual creation**

### **Manual retrieval**

### **Manual linking**

## **Various operations**

### **Application operations**

### **Language selection**

### **Handbook guide printing**

### **License of use registration**

### **About the application**

### **End of program – Exit**

# General program description

**Bodily fat estimation**

Files Database Manual Options Help

**Gender** Man

**Surname**  
Surname

**Name**  
Name

**Father, Mother**  
Father, Mother

**Birthday - Age**  
02-02-1944 64

**Weight (Kg)** 86,0

**Height (cm)** 175

**Waist (cm)** 115

**Neck (cm)** 38

**Hip (cm)**

08-11-2008 64

**Group of application** White

**Locations** 3M = 1. 2. 3

1 **Pectoral** mm

2 **Abdominal** mm

3 **Thigh** mm

4 Axilla mm

5 Suprailiac mm

6 Biceps mm

7 Subscapular mm

8 Triceps mm

**Ages of application** 17 & above

**Skinfold Priority** **Locations Number**

**Disabled** Customers List  **Enabled**

Surname	Name	Parents	Date	Fat (%)	BMI	Method
Surname	Name	Father, Mother	08-11-2008	36,21%	28,1	WH
Surname	Name	Father, Mother	07-11-2008	32,37%	27,9	WHW
Surname	Name	Father, Mother	06-11-2008	23,46%	28,4	SF
			05-11-2008	37,14%	28,5	WHWN
			03-11-2008	33,37%	29,0	WHW

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**Fat (%)** 41,22%

**Fat (kg)** 35,5

Clear Locations Estimate Fat Retrieve Manual Create Manual

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Finish

The program includes the following chapters:

- [Basic customer elements](#)
- [Session elements](#)
- [Database management](#)
- [Database records catalogues](#)
- [Sessions results manual](#)
- [Various operations](#)

# Basic customer elements

The image shows a form with four main sections. The first section is 'Gender', which is a dropdown menu currently showing 'Man' and with 'Man' and 'Woman' as visible options. The second section is 'Surname', which is a text input field containing the text 'Surname'. The third section is 'Name', which is a text input field containing the text 'Name'. The fourth section is 'Parents', which is a text input field containing the text 'Father, Mother'.

It includes the immutable elements of customer:

- **Gender** **Necessary** (Default: **Man**)  
It determines the sex of customer
- **Surname** **Necessary**  
Element of the record uniqueness
- **Name** **Necessary**  
Element of the record uniqueness
- **Parents** **Optional**  
**Necessary**, if exist customer with the same surname and name.  
Element of the record uniqueness
- **Birthday date** **Necessary**  
It determines the current and the session **Age**, dynamically, based on the today and the **Session date** respectively.

## **Surname**

Maximum number of letters: **30**

The first letter is automatically capitalized.

The **Surname**, with the **Name** and the **Parents**, they build a unique record (it cannot records with same all the uniqueness elements).

## **Name**

Maximum number of letters: 30

The first letter is automatically capitalized.

The **Name**, with the **Surname** and the **Parents**, they build a unique record (it cannot records with same all the uniqueness elements).

## **Parents**

Maximum number of letters: 30

The first letter of the names is automatically capitalized.

On **Parents**, with the **Surname** and the **Name**, they build a unique record (it cannot records with same all the uniqueness elements).

# Dates – Ages

The screenshot shows a software window titled "Birthday - Age". It contains two input fields: the first shows "02-02-1944" and "64", and the second shows "08-11-2008" and "64". To the right is a calendar for November 2008. The calendar grid shows days of the week (Mon-Sun) and dates. Dates 1, 2, 8, 9, 15, 16, 22, 23, 29, and 30 are highlighted in red. At the bottom of the calendar are buttons for "Today", "Select", and "Cancel".

Entry: **Necessary**

So that becomes the fat estimation, the birthday and session dates are required.

The **date of birth** determines automatically the **current age** dynamically (the moment of treatment), while defines the age related to **session date**. Only the **years** are taken into consideration, not the months.

On young people below of 20 years, a particular procedure is applied for the bodily fat estimation. It is not accepted an age less than 4 or above the 99 years.

The date entry becomes indirectly by the auto-displayed monthly calendar. The choice of **year**, **month** and **day** can be done in any order.

The date is entered only after the button **Select** is pressed. With the button **Today** the system date becomes the current date, while with the **Cancel** button any selected date is ignored.

If already exist saved session records for the customer, **it is not accepted** any change of the birth date.

In the calendar with **red** color are marked the weekends (Saturday and Sunday), as well as the official holidays (fixed and moved).

## **Session date**

Entry: **Necessary**

(Default: **System date** (for a new session))

The **session date** is element of the record uniqueness, concerning the customer. For any customer, it cannot records with the same session date.



On a new session record, the default entry date is the system date, while in an old one the existing date is used.

The **session date** defines the **age** of individual, related with the **birthday**, which is the lower acceptable session date. The system date is the upper acceptable session date.

# Session elements

The elements that is recorded for each session they concern somatometric data and skinfold measurements.

The bodily fat estimation can can become either with each category data, or or with their combination.

- [Somatometric data](#)
- [Skinfold measurements](#)

# Somatometric data

Weight (Kg)	<input type="text" value="86.0"/>
Height (cm)	<input checked="" type="radio"/> <input type="text" value="175"/>
Waist (cm)	<input type="radio"/> <input type="text" value="115"/>
Neck (cm)	<input type="radio"/> <input type="text" value="0"/>
Hip (cm)	<input type="text" value=""/>

It includes the alterable elements of customer, that determines the body composition.

- **Weight** (Kg) **Necessary** for estimation by somatometric data  
**Optional** for estimation with skinfold process
- **Height** (cm) **Necessary** for estimation by somatometric data  
**Optional** for estimation with skinfold process
- **Waist** (cm) **Optional** (circumference)
- **Neck** (cm) **Optional** (circumference)
- **Hips** (cm) **Optional** (circumference)  
Only for women

The **Weight** and the **Height**, along with the circumferences of the **Waist**, the **Neck** and the **Hips** (women only), determines the body composition (lean and fat mass). The bodily fat can be also estimated by **skinfold** measurements.

The above data concern in each session, and do not exist restriction in the number of sessions.

The records are sorted automatically into the **sessions catalogue** based on the **session date**.

The entry combinations that determine also the priority of calculation are activated with the option control () , that is front from the corresponding element. The combinations of calculation are:

	Element	Applied	Calculation by the elements
<input checked="" type="checkbox"/>	Height	general	weight, height
<input checked="" type="checkbox"/>	Waist	general	weight, height, waist
<input checked="" type="checkbox"/>	Neck	male	weight, height, waist, neck
		female	weight, height, waist, neck, hip

## Weight


### Measurement instructions



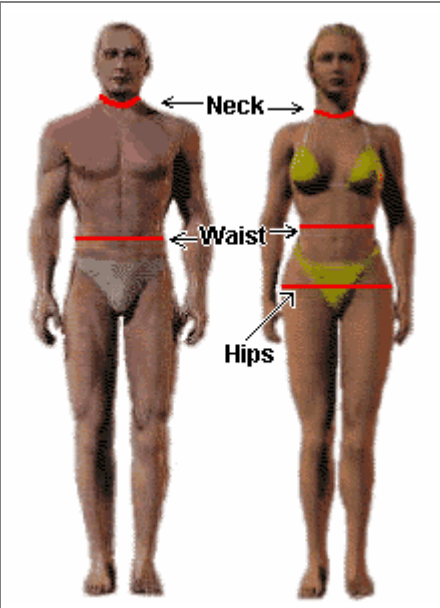
- Remove anyone heavy outer garments (jacket, coat, trousers, skirts, etc.) and shoes.
- Stand in the centre of the platform, weight distributed evenly to both feet.

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## Height

Measurement instructions	
	<ul style="list-style-type: none"><li>• Remove any heavy outer garments (jacket, coat, trousers, skirts, etc.), shoes and hair ornaments.</li><li>• Stand with back to the height rule. The back of the head, back, buttocks, calves and heels should be touching the upright, feet together. The top of the external auditory meatus (ear canal) should be level with the inferior margin of the bony orbit (cheek bone). Look straight.</li></ul>
<a href="#">Back</a>	

## Waist, Neck, Hips

Measurement instructions	
	<ul style="list-style-type: none"><li>• <b>Waist-men:</b> Horizontal at the level of the navel. It is <b>not</b> the minimal abdominal width.</li><li>• <b>Waist-women:</b> Horizontal, at the level of minimal abdominal width.</li><li>• <b>Neck-both:</b> Inferior to the larynx with the tape sloping slightly downward to the front.</li><li>• <b>Hips-women:</b> To the largest horizontal circumference around the hips.</li></ul>
<a href="#">Back</a>	

# Skinfold Measurements

Location	Measurement (mm)
1 Pectoral	18
2 Abdominal	20
3 Thigh	16
4 Axilla	
5 Suprailiac	
6 Biceps	
7 Subscapular	
8 Triceps	

## Entries - Data

- Group**

### Necessary choice

- White (default)
- Black
- Latin
- Indian
- Japanese
- Anorexic
- Obese

- Locations**

### Necessary choice

- **7** = 1.2.3.4.5.7.8      General 18 years & more
- **6M** = 1.2.3.5.7.8      Men 18 years & more
- **5W** = 2.3.5.7.8      Women 18 years & more
- **4** = 2.3.5.8      General 18 years & more
- **4** = 5.6.7.8      General 12 to 72 years
- **3M** = 1.2.3      Men 17 years & more
- **3W** = 3.5.8      Women 17 years & more
- **3M** = 1.7.8      Men 18 years & more
- **3W** = 2.5.8      Women 18 years & more
- **3** = 2.5.8      General 18 years & more
- **2** = 7.8      General 4 to 16 years
- **2M** = 3.7      Men 17 to 26 years
- **2W** = 5.8      Women 17 to 26 years

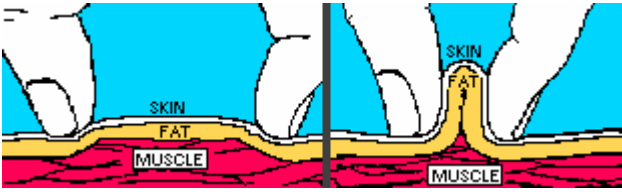
- Measurements**

### Necessary choice

**basic** measurements **two** for children, at least **three** for adults.

Precision: **Integer**

Unit of measurement: **Millimeters (mm)**



Generally the estimation of bodily composition becomes with some **body elements** data. It can also be done by **skinfold** measurements (picture above).

For the bodily fat estimation the **gender** and the **age** is necessity, while the **weight** is optional.

Can be given **three** to **seven** skinfold measurements for adults and **two** for children, at least one for each body location. If more are applied (up to three), the average figure for each location is considered. The basic measurements are automatically **colored**, in relation with the case.

With the button **Estimate Fat** becomes the bodily fat calculation, related with the available locations number, only if has been given priority  to skinfold process.

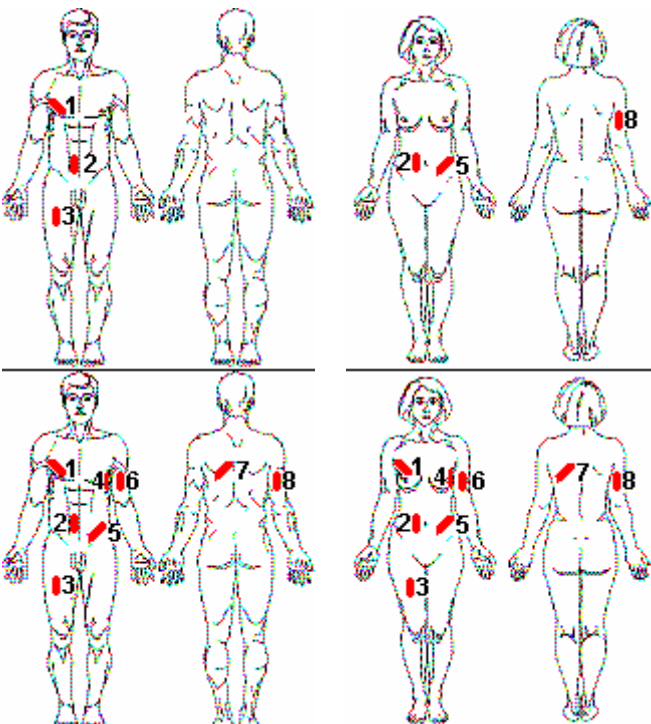
The data entry fields are cleared by the button **Clear Locations**.

In the results section appear the **percentage** and the **kilograms** (provided that has been given the weight) of the bodily fat, as well as the number of the locations where they have been taken into consideration.

The measurement body locations, related on gender, they are shown in the picture on the entry form and the below figures.

**Men measurements**

**Women measurements**



## Skinfold measurements locations

**1-M: Pectoral**



**1-W: Pectoral**



**2: Abdominal**



**3: Thigh**



**4: Axilla**



**5: Suprailiac**



**6: Biceps**



**7: Subscapular**



**8: Triceps**

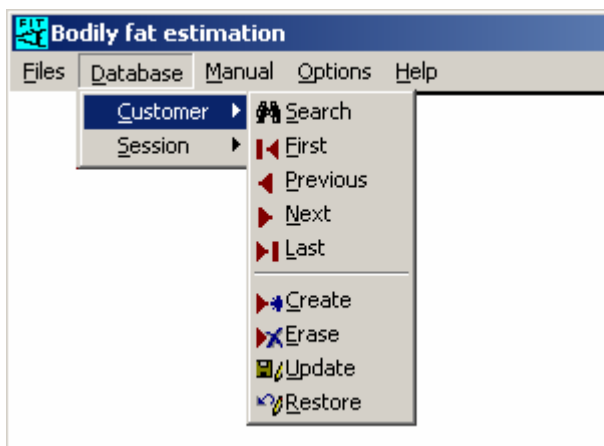




## Measurement instructions for men and women

- 1 Pectoral** *Diagonal fold*  
**Men:** halfway between the anterior axillary line (at the point where the arm inserts into the torso) and the nipple.  
**Women:** 1/3 of the distance from the anterior axillary line to the nipple.
- 2 Abdominal** *Vertical fold*, 25 mm to the right of the umbilicus.
- 3 Thigh** *Vertical fold*, on the anterior (front) midline of the thigh, half the distance between the proximal (nearest to body) aspect of the patella and the inguinal crease (line where leg inserts into trunk)
- 4 Axilla** *Vertical fold*, on the midaxillary line (a vertical line descending directly from the center of the armpit), at the level of the xiphoid process (the bony nub at the bottom of the sternum).
- 5 Suprailiac** *Diagonal fold*, in line with the natural angle of the iliac crest (hip), just above the iliac crest at the anterior axillary line (an imaginary line down the front of the body from where the arm inserts into the torso).
- 6 Biceps** *Vertical fold*, anterior midline of upper arm, halfway between the olecranon (elbow) and the acromion processes (bony point on top of shoulder).
- 7 Subscapular** *Diagonal fold*, 10-25 mm below and in line with the inferior (lower, inside) angle of the scapula.
- 8 Triceps** *Vertical fold*, posterior midline of upper arm, halfway between the olecranon (elbow) and the acromion processes (bony point on top of shoulder).

# Database operations



The records [search](#) and [handling](#) operations become by the database toolbar, or by the Database menu.

## Search and Navigation

### **A Record search**

Becomes with the [Surname](#) initial letter(s). One or more letters can be given. The operation is deactivated for the sessions.

### **B First record**

Transfer to the first record.

### **C Previous record**

Transfer to the previous record.

### **D Specific record**

Particular record selection, based on its record number (if known). This number should be smaller or equal with the table records number.

### **E Next record**



>Transfer to the next record.

### **F Last record**

Transfer to the last record.

### **G Records number display**

Displays the total table records number.

In order to be possible the transfer to another table record, it **should not exist pending changes** in any field of the current record. If they exist, should be first **saved**  or **cancelled**  with the corresponding button of **records handling**.

In all the situations, they are **activated** / **deactivated** automatically the navigation buttons, depending on the record number that has been selected.

## **Records handling**

### **H New record entry**

It prepares the database for the import of the new record. After they are entered the table fields, the record will be saved by the button (**J**).

### **I Existing record deletion**

The record is erased, after the user confirmation is given.

### **J Record saving**

The new record or the changes of an old one are saved.

### **K Record changes cancellation (Undo)**

Is cancelled any change in the record fields and the previous values are restored.

# Database records catalogues

Customers List			Customer Sessions			
<input checked="" type="radio"/> Disabled		<input checked="" type="radio"/> Enabled	<input checked="" type="radio"/> Disabled		<input checked="" type="radio"/> Enabled	
Surname	Name	Parents	Date	Fat [%]	BMI	Method
Surname	Name	Father, Mother	08-11-2008	36,21%	28,1	WH
Surname	Name	Father, Mother	07-11-2008	32,37%	27,9	WHW
Surname	Name	Father, Mother	06-11-2008	23,46%	28,4	SF
			05-11-2008	37,14%	28,5	WHWN
			03-11-2008	33,37%	29,0	WHW

The records catalogues are useful for the easy search and selection of a specific customer or session record.

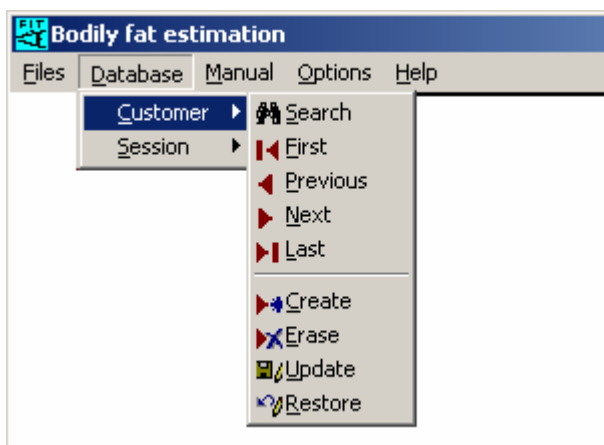
The records are sorted alphabetical for the customers, and by date for the sessions (most recent first).

The record can be selected, directly from the table, or via the operations of [Database operations](#), that is the basic method.

For the selection of a record via the catalogue, it should first is  **activated** the ability of choice. For any activation, it can be selected only one record (automatic deactivation afterwards the choice).

The selected record is marked in **Surname/Date** columns by the symbol ▼.

A record can also be selected via the Database menu.



# Sessions results manual

The instructions manual is produced by the program "**FATWEIGH**", so that it helps in the proper evaluation of the results.

The manual is produced by the button **Create Manual**, in the **active language** the moment the creation command is given.

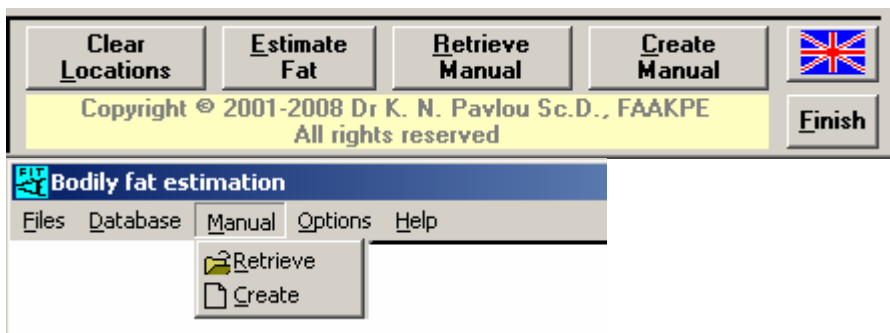
If it exists already manual for the current customer, is then activated automatically the button **Retrieve Manual**, with which it is achieved the **manual retrieval**.

Finally, any unlinked manual can be **connected** with the current customer.

# Manual creation

The sessions manual is produced by the program, so that it helps in the evaluation of result.


The manual can be in **Greek** and **English** language. The manual language is determined by the active application language the moment the creation command is given.

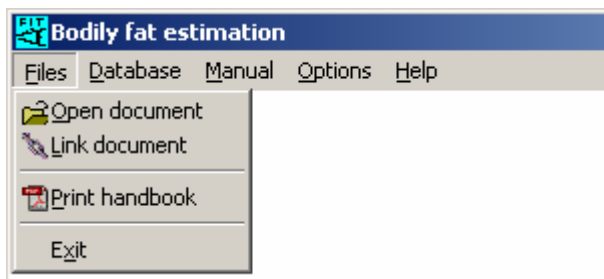


The creation of the manual can be done by the **Create Manual** button, or by the **Manual → Create** of the menu.

The name of manual is determined combining the customer's names, can however be selected from the user any name.

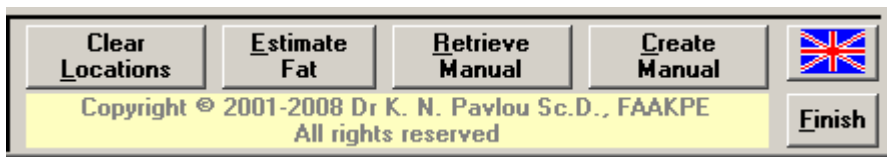
In the manual are reported the basic elements of customer, and until **18** sessions results, ordered by date, with the most recent first. If they exist more from 18 sessions, are recorded the **18 more recent**. Oldest can be stored with other name.

If it is desirable his connection with the current customer, should first be **saved** the record . Each storing replaces the previous connection, without it erasing from the folder in which it had been stored, provided that it does not have the same filename. Any existing previous manual can be recalled by the choice **Files → Open document** from the menu.

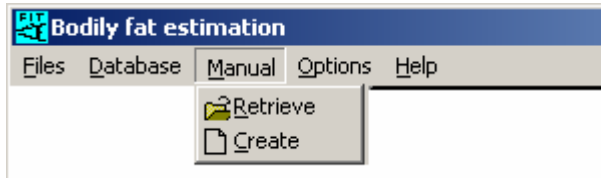


If exists already connected customer's manual, is activated automatically the button **Retrieve Manual**, with which is achieved its **retrieval**.

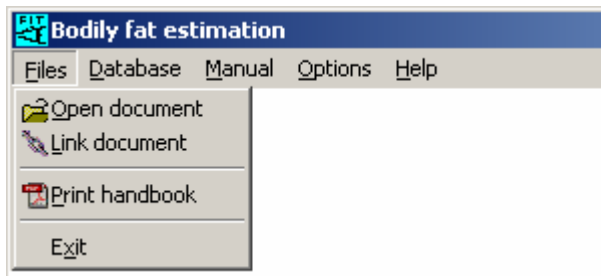
# Manual retrieval



The button **Retrieve Manual** is automatically activated, if exist a manual connected with the current customer, by the record [saving](#) process.

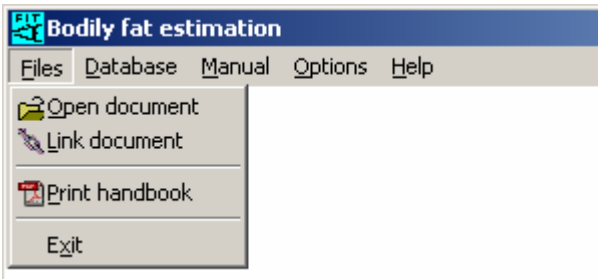


The same operation is achieved by the choice **Manual** → **Retrieve** of the menu.

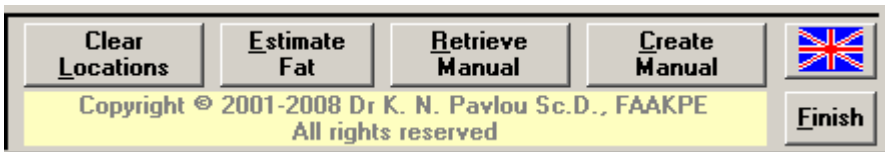



With the choice **Files** → **Open document**, any Word document can be recalled.

# Link Manual



The connection of an existing unlinked manual with the current customer can be done with the menu choice **Files → Link document**.



The retrieve key [Retrieve Manual](#) it is not activated automatically. In order to is achieved permanent connection with the current customer, it should continues with the process of [record saving](#) by the button  of the customer's records handling tools.

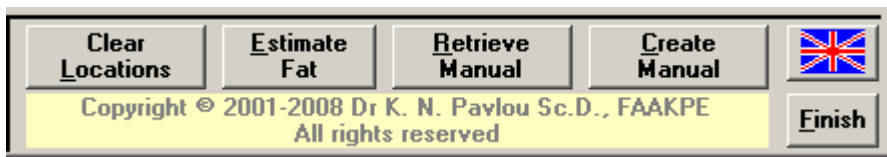


# Various operations

It includes the follow operations:

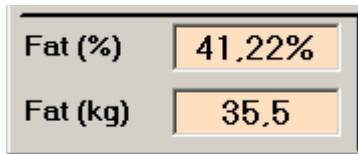
- [Application operations](#)
- [Language selection](#)
- [Handbook printing](#)
- [License of use registration](#)
- [About the application](#)
- [End of program - Exit](#)

# Application operations



The operation **Clear Locations**, clears the data entry fields of the [skinfolds](#) section.

The operation **Estimate Fat**, determines the bodily fat and displays the result.



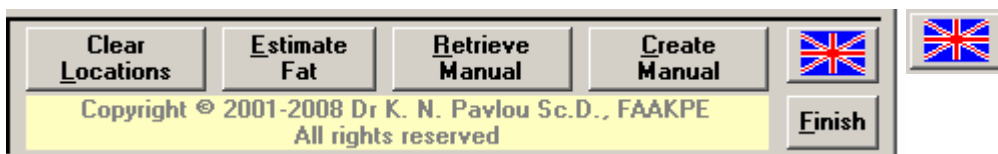
The operation **Retrieve Manual**, displays the customer's sessions manual.

The operation **Create Manual**, creates the customer's sessions manual.

By the [Language selection](#) button, the active language is selected.

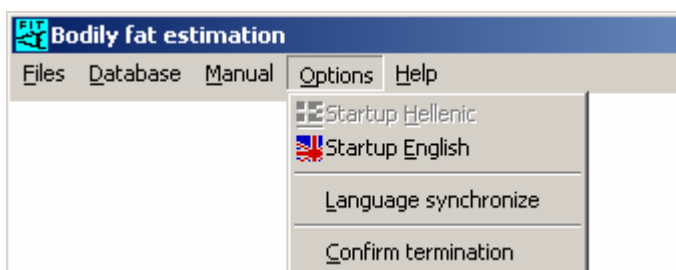
The operation **Finish**, terminates the application.

# Language selection





The languages that can be selected are **Hellenic** and **English**.

The active language changes each time the **language button** is pressed. The active language is shown by the **button flag**. It changes also with the usual way of Windows, provided that has been activated the **√ Language synchronize** (menu: → **O**ptions).



The choice of language concerns in the **keyboard**, the **appearance of all labels and messages** of the application, as well as in the content of **database fields** (the already saved data are not affected). It determines also on new manual the **printing language**.

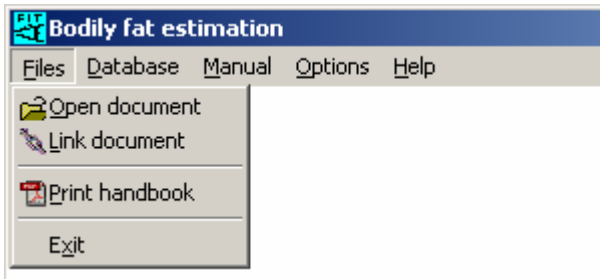
The **language cannot be changed**, if pending data changes exist. In this case the database bar buttons **Save**  or **Undo**  must be used first.


It can be defined the start-up language of application from menu by the button **Options**.

With the selection **√ Language synchronize**, the language of application changes whenever the system language is changed. **Generally is not recommended the activation of this choice**, because **will not be possible the simultaneous typing Hellenic and English characters**. It is used only to avoid a mixed use of both the languages, as well as for **customers searching** in the alternative language. Only the **momentary** language synchronization is suggested.

# Handbook printing

The application **instructions handbook** contains all the information on the operation of bodily harmony program.



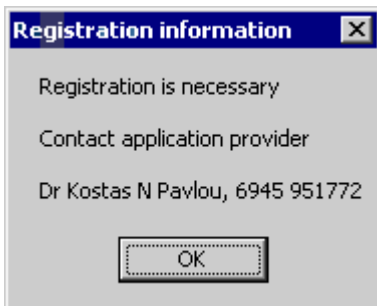
The book is in  **PDF** format and it can be recalled and printed out with the selection **File** → **Print handbook** of menu choices.

With the choice **Print handbook**, the guide handbook is recalled and it can be printed out freely.

You will need the [Adobe Reader](#)<sup>®</sup> viewer to print this handbook.

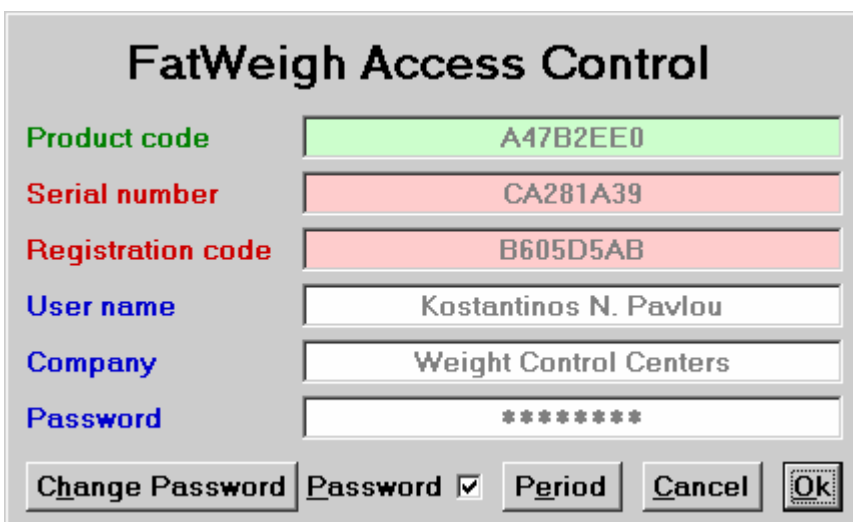
# License of use registration

The legal use of the program presupposes the user registration.



For a user to be registered, it is required to ask by the owner of the application the **license of use**.

For the activation of registration, the user should be in contact by phone with **Dr Konstantinos Pavlou Sc.D., FAAKPE**, to the mobile **6945-951772**, with care of which will be installed the application in the user's system.

A registration form titled "FatWeigh Access Control". It contains several input fields: "Product code" (A47B2EE0), "Serial number" (CA281A39), "Registration code" (B605D5AB), "User name" (Konstantinos N. Pavlou), "Company" (Weight Control Centers), and "Password" (\*\*\*\*\*). At the bottom, there are buttons for "Change Password", "Password" (with a checked checkbox), "Period", "Cancel", and "OK".

The elements of the registration are:

- **Product code**  
It is granted at the installation and is unique.
- **Serial number**  
It is produced by the system and is different each time it is attempted a registration.
- **Registration code**  
It is connected with the **Product code** and the **Serial number**. It is granted from the owner of the application.

- **User name and Company**

They are determined by the user at the initial installation. They can be changed only from the owner of the application.

- **Password**

Concerns the user security from unauthorized use of the application.

Can be freely changed with the button **Change Password** (Initial: **1234**)

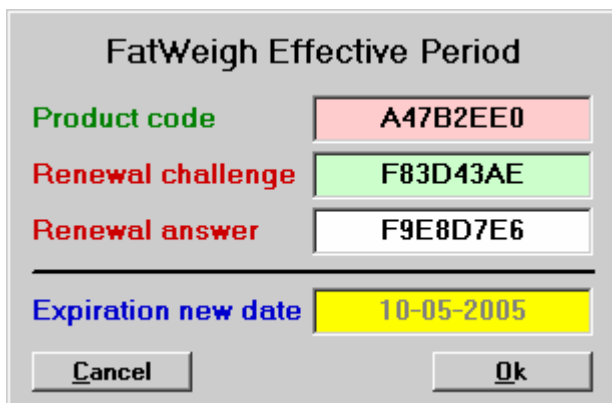
By the activation of choice **Password** ✓, it is necessary the entry of access code, each time the application is executed. The password deactivation **is not recommended**.

In order to be possible the change of **password (Change Password)**, as well as the **renewal of period of use (Period)**, should has been given the valid access code and then the key **Enter** of the keyboard, **not the button Ok** of the registration screen.


The initial keyboard language is English.



The use of application is granted for **certain period of time**. The renewal screen is displayed automatically afterwards the expiry of period of legal use, or by pressing the button **Period**.

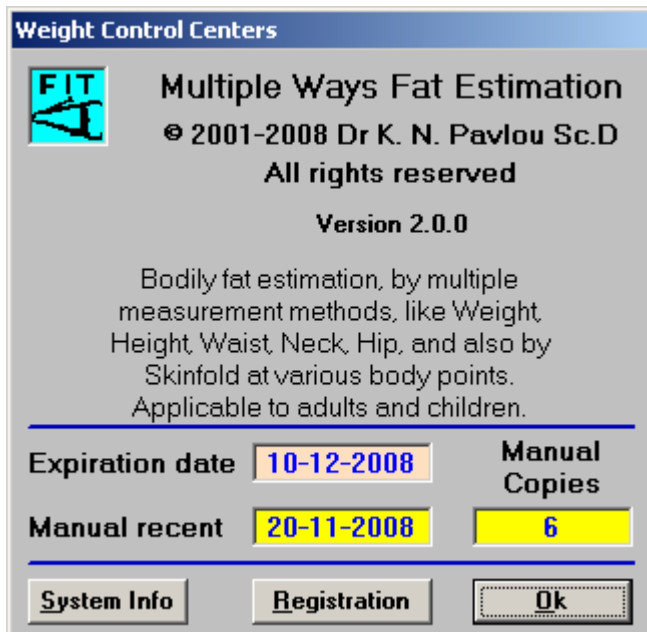


For the renewal, the user communicates with the owner of the application, it provides the **Product code** and the **Renewal challenge** and takes from him the **Renewal answer**). The renewal becomes automatically for one month (until 10 of the next month). It can be done for a longer time interval, by a special agreement, with the application owner.

**Information** about the license **Expiration date**, the **Manual copies** issued and the **Issue date** of the most recent manual, are shown by the **Help** menu selection  **About**.

# About the application

Information is shown about the application and the system.



In the upper section presented the descriptive information on the application.

In the middle section the **expiration date** of the license of use, the **manual copies** that has been published, as well as the **issue date** of the last report are shown.



In the lower section there are the buttons:

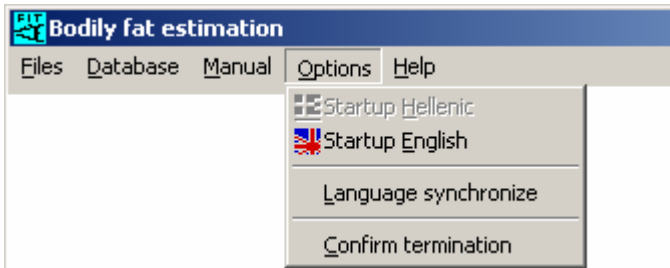
**System Info** Information about the system is provided.

**Registration** Information for the [registration license](#) of use is given.

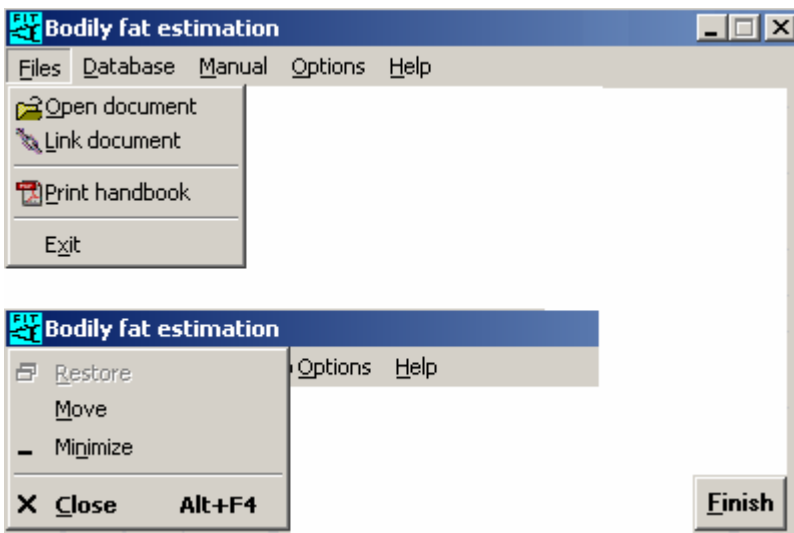
**Ok** Exit

# End of program - Exit



The application **cannot be terminated**, if pending data changes exist. In this case the database bar buttons **Save**  or **Undo**  must be used first.



Provided that the option  **Confirm termination** has been activated on the (**menu: → Options**), the exit must be verified by the user.



The end of the application "**FATWEIGH**" can be done with the following ways:

- By the **Finish** button of the actions section.
- By the selection **File → Exit** on Menu.
- By the button **X Close** (or **{Alt+F4}**) at the picture  on the application's title bar.
- By the button  on the application's title bar.



## Bodily Fat Estimation

Surname **Surname**

Birthday date **02-02-1944**

Name **Name**

Gender **Man**

Parents **Father, Mother**

### CUSTOMER SESSIONS CATALOG

Session		6	5	4	3	2	1			
Date		081108	071108	061108	051108	031108	011108			
Age		64	64	64	64	64	64			
Weight	Kg	85,0	85,4	86,9	87,3	88,7	90,5			
Height	cm	175	175	175	175	175	175			
Waist	cm	115	107	108	109	110	112			
Neck	cm			38	38	38	39			
Hip	cm									
Group		ΛΕΥ	ΛΕΥ	ΛΕΥ	ΛΕΥ	ΛΕΥ	ΛΕΥ			
Pectoral	mm			21						
Abdominal	mm			22						
Thigh	mm			23						
Axilla	mm									
Suprailiac	mm									
Biceps	mm									
Subscapular	mm									
Triceps	mm									
Locations				3						
Method		WH	WHW	SF	WHWN	WHW	WHW			
Fat	%	36,18	32,37	23,46	37,14	33,37	34,18			
Fat	Kg	30,8	27,6	20,4	32,4	29,6	30,9			
BMI		27,8	27,9	28,4	28,5	29,0	29,6			

### LEGEND

Date	DDMMYY	Locations	Method	Weight	Height	Waist	Neck	Hip	
D	Day	Skinfold locations number	WH						
M	Month		WHW						
Y	Year		WHWN						
BMI: Body Mass Index			WHWNH						
			SF	Estimation by SkinFold measurements					
Group	White	Black	Latin	Indian	Japanese	Anorexic	Obese		

## CUSTOMER SESSIONS CATALOG

<b>Session</b>										
<b>Date</b>										
<b>Age</b>										
<b>Weight</b>	Kg									
<b>Height</b>	cm									
<b>Waist</b>	cm									
<b>Neck</b>	cm									
<b>Hip</b>	cm									
<b>Group</b>										
<b>Pectoral</b>	mm									
<b>Abdominal</b>	mm									
<b>Thigh</b>	mm									
<b>Axilla</b>	mm									
<b>Suprailiac</b>	mm									
<b>Biceps</b>	mm									
<b>Subscapular</b>	mm									
<b>Triceps</b>	mm									
<b>Locations</b>										
<b>Method</b>										
<b>Fat</b>	%									
<b>Fat</b>	Kg									
<b>BMI</b>										

### LEGEND

<b>Date</b>	<b>DDMMYY</b>	<b>Locations</b>	<b>Method</b>	<b>Weight</b>	<b>Height</b>	<b>Waist</b>	<b>Neck</b>	<b>Hip</b>
	D	<b>Skinfold locations number</b>	BY					
	M		BYM					
	Y		BYMA					
<b>BMI: Body Mass Index</b>			WHWNH					
			SF	<b>Estimation by SkinFold measurements</b>				
<b>Group</b>	<b>White</b>	<b>Black</b>	<b>Latin</b>	<b>Indian</b>	<b>Japanese</b>	<b>Anorexic</b>	<b>Obese</b>	