



Michael Cheikin M.D., *Holistic Medicine and Physiatry*
Bioelectric Impedance Analysis (BIA) and Weight Log

NAME:											MONTH & YEAR:												
Date	Day	Note, *=back				Wt	fat	water	musc	bone	Wt 2	Body Fat	Visc Fat	Subcut Fat	Water	Skel Musc	Protein	Fat-Free Wt	Bone Mass	BMR	Musc Mass	Mtbc Age	
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