



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

NAME:					MONTH & YEAR:															
Date	Day	Note, *_back	Wt	fat %	water %	musc %	bone %	Wt	Body Fat %	Visc Fat #	Subcut Fat %	Water %	Skel Musc %	Protein %	Fat- Free Wt #	Bone Mass #	BMR cal	Musc Mass #	Metb/c Age	
31																				
30																				
29																				
28																				
27																				
26																				
25																				
24																				
23																				
22																				
21																				
20																				
19																				
18																				
17																				
16																				
15																				
14																				
13																				
12																				
11																				
10																				
9																				
8																				
7																				
6																				
5																				
4																				
3																				
2																				
1																				