Michael Cheikin M.D., *Holistic Medicine and Physiatry*

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| NAME: MONTH: |
| Date |  | Wt | fat % | water % | musc % | bone% | Wt | Body Fat | Visc Fat | Subcut Fat | Water | Skel Musc | Protein | Fat-Free Wt | Bone Mass | BMR | Musc Mass | MetblcAge |
|  |  |  | % | % | % | % |  | % | # | % | % | % | % | # | # | cal | # |  |
|  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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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