

DietMaster - Product Review Sheet

Version 8.0

Body Composition Screens

DietMaster offers three (3) screens for tracking body composition and symmetry. They are the Measurements Screen for tracking body symmetry, Body Composition Screen for tracking weight, body fat and lean mass, and the Goals and Tracking Screen.

Body Composition

Date: 07/02/2007

Site Method:
 Three Site Five Site Nine Site
 One Site Enter Body fat Weight Only

Body Fat:
 Weight: 176 lb.
 Body Fat: 28 %

Calculated Totals:
 Lean Weight: 126.72 lb.
 Fat Weight: 49.28 lb.
 Percent Body Fat: 28.0 %
 Your Ideal % Body Fat: 24.1 to 29.3 %

Record Body fat using skin fold calipers, manual entry or track weight only. Screen recommends ideal body fat percentage.

Body symmetry measurements can be recorded and then reports and graphs can be generated to show changes over time.

Measurements

Date: 08/22/2007

Arms:
 Bicep: 13 in.
 Forearm: 12 in.

Upper Torso:
 Chest: 32 in.
 Shoulders: 38 in.

Lower Torso:
 Waist: 29 in.

The Goals & Tracking screen displays the start date in which the goal was established and the most recent body composition data to view changes over time with fat mass and lean muscle mass.

The Goals & Tracking graph shows forecasted rate of weight loss (red line) compared to actual weight loss (black line), as well as body fat and lean mass.

