

# 2011 B'Magic Final Slimming Contest

此表格只供 Omni Group 內部訓練使用 This form is for Omni Group's internal use only

姓名 Name:		性別 Gender: 男 Male /女 Female	
聯絡電話 Contact Number:			
電郵 e-mail:			
年齡 Age group :			
( ) <18 ( ) 19-25 ( ) 26-35 ( ) 36-45 ( ) >45			
現時體重 Existing Weight : ( ) kg		身高 Height : ( ) cm	
腰圍 Waist ( ) cm		臀圍 Hips ( ) cm	
你最能改善身體那一部份 Which part of your body you want to improve		WHR = $\frac{\text{腰圍 Waist}}{\text{臀圍 Hips}}$	
( ) 腰 Waist ( ) 肚臍 Abdomen ( ) 臀部 Hips ( ) 大腿 Thigh		腰臀圍比 臀圍 Hips	
( ) 手臂 Arm ( ) 全身 Whole body			
你曾經嘗試過下列哪一種減重方法 ?			
Which methods you used before to control weight?			
( ) 運動 Exercise ( ) 減重食譜 Diet recipes ( ) 節食 On diet ( ) 藥物 Medication			
( ) 健康食品 Nutrition food ( ) 其他 Others _____			
有否以下健康問題 Do you suffer from the following health problems?			
( ) 高膽固醇 high cholesterol ( ) 糖尿病 diabetes ( ) 心臟病 heart problems			
( ) 血壓高 high blood pressure ( ) 關節痛 join pain			
我希望可以達到的理想體重: ( ) kg			
I hope that I can achieve the ideal body weight			

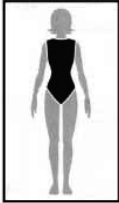
1<sup>st</sup> Measurement Date: \_\_\_\_\_ Weight ( ) kg 2nd Measurement Date: \_\_\_\_\_ Weight ( ) kg

姓名 Name: \_\_\_\_\_ 電話 Tel: \_\_\_\_\_ 性別: 男/女 Sex: Male / Female 高度 Height: \_\_\_\_\_ cm 年齡 Age: \_\_\_\_\_

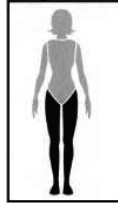
Whole Body 全身



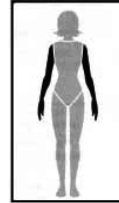
Trunk 身軀



Legs 腿部



Arms 臂部



腰圍 Waist ( ) cm  
臀圍 Hips ( ) cm  
WHR =  $\frac{\text{腰圍 Waist}}{\text{臀圍 Hips}}$   
腰臀圍比 臀圍 Hips

Same Age Comparison 現有年齡對照表

Whole Body 全身				Trunk 身軀				Legs 腿部				Arms 臂部			
Subcutaneous Fat 皮下脂肪	%	Skeletal Muscle 骨骼肌	%	Subcutaneous Fat 皮下脂肪	%	Skeletal Muscle 骨骼肌	%	Subcutaneous Fat 皮下脂肪	%	Skeletal Muscle 骨骼肌	%	Subcutaneous Fat 皮下脂肪	%	Skeletal Muscle 骨骼肌	%
High 高		High		High		High		High		High		High		High	
Normal 正常		Normal		Normal		Normal		Normal		Normal		Normal		Normal	
Low 低		Low		Low		Low		Low		Low		Low		Low	

% BODY FAT 體脂肪: \_\_\_\_\_

VISCERAL FAT Level 臟腑脂肪水平: \_\_\_\_\_

% Body Fat	Thin 瘦	Normal 正常	High 高	Obese 極高
FEMALE 女	<20%	20- 29.9	30- 34.9	>35%
MALE 男	<10%	10- 19.9	20- 24.9	>25%

VISCERAL FAT Level	Normal 正常	Slightly High 稍為偏高	High 偏高
VISCERAL FAT Level	1- 9	10- 14	>15

Body Age: \_\_\_\_\_ At least your age / The younger the better  
(Biological Age) 體年齡 與實際年齡相符/越年輕越好

Asian BMI (Body Mass Index) 東方人體質量指數: \_\_\_\_\_

BMI	Underweight 體重不足	Normal 正常	Overweight 超重	Obese 屬肥胖
BMI	<18.5	18.5 -22.9	23 -27.4	>27.50

RM (Resting Metabolism) : \_\_\_\_\_ kcal

休息代謝-最低能量所需卡路里量

Skeletal Muscle Percentage 骨骼肌百分比:

Muscle Level 骨骼肌等級	Muscle Percentage 骨骼肌百分比	Male 男	Female 女
1	Low 低	5.0%-23.5%	5.0%-18.8%
		23.6%-32.8%	18.9%-25.8%
3	Normal 正常	32.9%-35.7%	25.9%-27.9%
4	High 高	35.8%-37.3%	28.0%-29.0%
5		37.4%-41.5%	29.1%-36%
6		41.6%-50.0%	36.1%-50.0%

Important note: These readings are not recommended for self- diagnosis. Please consult your doctor.  
Monitor your blood pressure regularly. Hypertension is a Silent Killer.