

1st batch of B'Magic Slimming Contest- Singapore

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			

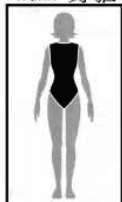
1st Measurement Date: _____ Weight () kg 2nd Measurement Date: _____ Weight () kg

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

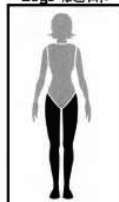
Whole Body 全身



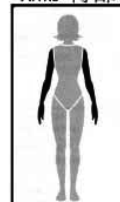
Trunk 身軀



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) 東方人身體質量指數: _____

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	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.