



Medical Metabolic Specialists

Healthy Weight * Healthy Life



James D. Hendrick MD, FACP

Progress Report



Fat **Muscle** **Bone**

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<u>October 2015</u>	
Scale Weight	204.8 lbs
BMI	36.1 kg/m ²
Waist Circumference	43.5 inches

<u>June 2016</u>	
Scale Weight	134.9 lbs (-69.9 lbs)
BMI	23.8 kg/m ² (-12.3 kg/m ²)
Waist Circumference	31 inches (-12.5 in.)

Mass measurements by DXA