



# CROSS FIT WEST HOUSTON SAMPLE MEAL PLAN

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<b>Target</b>	41	30							8-10
<b>Date</b>	<b>Chest</b>	<b>Waist</b>	<b>Hip</b>	<b>weight</b>	<b>BodyFat chest</b>	<b>Abs</b>	<b>Thigh</b>	<b>Density</b>	<b>Percentage</b>
5/24/2011	39	34	38.5	168.4	10	28	10	1.06	15.96