|  |  |  |  |
| --- | --- | --- | --- |
| datums | PIRMS PROJEKTA | PĒC PROJEKTA | PIEZĪMES |
| VĀRDS UZVĀRDS |  |  |  |
| MOB.NR |  |  |  |
| E.PASTS |  |  |  |
| VECUMS |  |  |  |
| SVARS(KG) |  |  |  |
| AUGUMS |  |  |  |
| VIDUKLIS |  |  |  |
| GURNI |  |  |  |
| AUGŠSTILBI |  |  |  |
| PLECI |  |  |  |
| TRICEPS/BICEPS |  |  |  |
| IKRI |  |  |  |
| KRŪTIS |  |  |  |
| Ķermeņa masas indeks |  |  |  |
| PAŠAJŪTA UN KOMENTĀRI |  |  |  |