

looking back





**HAMMER
STRENGTH**

EXIT



Name Age Gender Male Female

Athletic Type

Current formula used

Your Body Fat : 23.9 %

Current Weight lbs

Bodymetrix™ Device

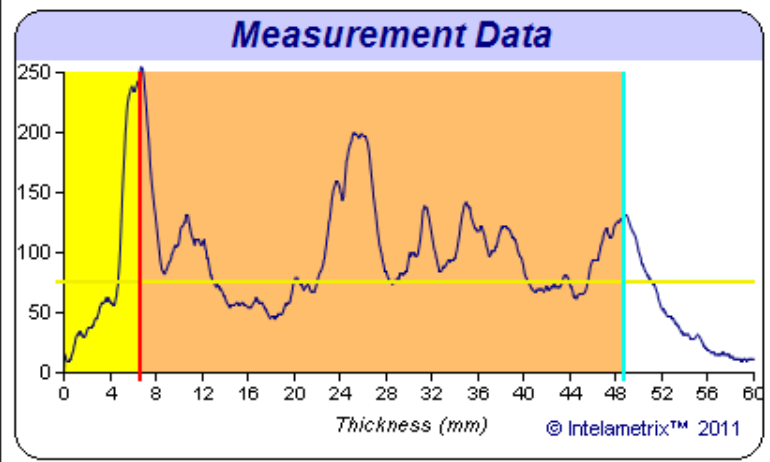
Device status: ● Ready

Points List

Point	Fat
Thigh	6.7
Chest	12.8
Waist	28.4

LOCATION OF PROBE

Beginner Mode



Circumference Measurements

Position	Value
Neck	17
Chest	45
Bicep	14
Thigh	25
Waist	34
Hip	40
Calf	19

Your Waist to Hip Ratio (WHR)

Excellent Good Average High Extreme

0.85 0.9 0.95 1

Your WHR is 0.85 © Intelametrix™ 2011

looking back



A view through a car's side mirror. The mirror shows a snowy road stretching into the distance, lined with utility poles and bare trees. The sky is clear and blue. The foreground of the mirror is dark and out of focus, showing the interior of the car.

looking back

Psalm 39: 1-7

how's my heart?



A winter landscape viewed through a car's side mirror. The scene shows a snow-covered road stretching into the distance, lined with utility poles and bare trees. The sky is clear and blue. The mirror's frame is visible on the right side of the image.

how's my heart?

**Purpose of a man's
heart are deep waters.**

Pr. 20: 5

A winter landscape viewed through a car's side mirror. The scene shows a snow-covered road leading towards a line of utility poles under a clear blue sky. In the background, there are bare trees and a blue building. The mirror's frame is visible on the right side of the image.

how's my heart?

**The heart is deceitful
above all things and
beyond cure. Who can
understand it. Jer. 17:9**

A view through a car's side mirror. The mirror shows a snowy winter landscape with utility poles and a blue sky. The text "how's my heart?" is overlaid on the image.

how's my heart?

**My son, give me your
heart and let your eyes
keep to my ways.**

Pr.23:2617:9



how's my heart?

speech

Lk 6:45

A view through a car's side mirror. The mirror shows a snowy winter landscape with a dirt road, utility poles, and a blue sky. The text "how's my heart?" is overlaid on the image.

how's my heart?

money

Mt 6:21

A view through a car's side mirror showing a snowy winter landscape. The mirror's frame is visible on the right side. The scene outside the mirror is a snow-covered road with utility poles and a clear blue sky. In the background, there are some buildings and bare trees.

how's my heart?

worship

Jn 4:23



how's my heart?

love

Mk 12:30-31

my commitments?

Eph 5: 15-17



my daily habits?



looking back

