How to fill out the Excel file for an InBody Challenge:

Using the provided Excel file, copy and paste the entire cell block onto the Excel sheet so that there is one block for *each participant*

1. InBody						
		Beg vs End				
				percent		
			Change	change		
	Beginning	End	in mass	(fav/unfav)		
LBM			0	#DIV/0!		
Fat			0	#DIV/0!		
Total Weight	0	0	0	#DIV/0!		
% Body Fat	#DIV/0!	#####				
InBody Score						
(overall						
performance)				#DIV/0!		

Add in the names of each participant

After the competition has begun, enter the beginning LBM and FM values measured on the InBody

After completion of the competition, enter the final LBM and FM values

The Excel file will automatically calculate total weight at beginning and end along with change in fat mass and percent change. The Excel file is formatted to determine a increase in LBM as a positive change and the box will turn green, while a loss of LBM is a negative change and the box will turn red. For fat mass, a loss of fat is positive (green) and gain in fat mass is negative (red). See example below:

		Beg vs End		
	Beginning	End	Change in mass	percent change (fav/unfav)
LBM	174.2	168.2	-6	-3.4%
Fat	49.4	29.3	-20.1	40.7%
Total Weight	223.6	197.5	-26.1	-11.7%
% Body Fat	22.1%	14.8%		
InBody Score (overall performance)				37.2%

As this is only a beta (trial) version, it is recommended that you review the changes in mass and percent change to **ensure that the calculations of the Excel file are performed correctly in all cases.** Please report any errors or concerns to InBody for review.

The results can then be organized based on the overall performance score to determine the winner with greatest overall improvement in body composition.

What the Excel file is calculating:

The Excel file is designed to perform conditional formatting of the data entered from the InBody tests from the beginning and end of the competition.

Conditional formatting (what the Excel formulas are designed to do):

LBM Gain in lean: If D4/B4>0, then divide D4 by B4 Loss of lean: If D4/B4<0, then divide D4 by B4

FΜ

Gain in FM: If D5/B5>0, then divide D5 by B5, **then make this number negative** Loss in FM: If D5/B5<0, then divide D5 by B5, **then make this number positive**

What the conditional formatting says

LBM

Gain in lean: If the <u>end</u> LBM is greater than <u>start</u>, divide the <u>change in mass</u> by <u>start</u> (then multiply by 100 to convert to percent)

Loss of lean: If the <u>end</u> LBM is lesser than <u>start</u>, divide the <u>change in mass</u> by <u>start</u> (then multiply by 100 to convert to percent). **This will be a negative change.**

FM

Gain in FM: If the <u>end</u> FM is greater than <u>start</u>, divide the <u>change in mass</u> by <u>start</u>, then *make this number negative* (then multiply by 100 to convert to percent). **This will be a negative change.**

Loss in FM: If the <u>end</u> FM is lesser than <u>start</u>, divide the <u>change in mass</u> by <u>start</u>, then *make this number positive* (then multiply by 100 to convert to percent)