

Testing Data

Testing Data Table

Metric	Test Record 1
Full Name	Timothy Rocksworth
Date of Birth	19/09/2009
Date of Test	03/02/2025
Chronological Age	15.38
Height (cm)	165.00
Body Mass (kg)	60.00
Maternal Height (cm)	150.00
Paternal Height (cm)	187.00

Summary of Testing Day Data

Hello **Timothy**!

This report will predict your final adult height, highlight key growth milestones and estimate when you will arrive at those milestones. Please be aware these predictions are likely to change over time, as your growth will surge and recede in an individual way depending on your personal biology and environmental factors. The further you are from your predicted adult height, the more error there will be in our predictions.

You were born on **19/09/2009** and were tested on **03/02/2025**. Your age on the date of the test was **15.4 years** and you are in **UK Year 10**. Your current height is **165.0cm** and your body mass is **60.0kg**.

Growth Predictions & Timing

Growth Predictions Table

Metric	Test Record 1
Full Predicted Adult Height (cm)	171.25
Error +- cm	1.73
% of Predicted Adult Height (%PAH)	96.35
Z Score	0.11
Timing Offset (months)	-2.01
Maturation Category	On Time

Summary of Predicted Growth Data

Your **Predicted Adult Height (PAH)** is **171.2cm** and you are currently **165.0cm** tall, which represents **96.4%** of your PAH. At your stage of maturation, the error associated with your PAH is **±1.7cm**. This means your full PAH from this test is **171.25cm ± 1.7cm**.

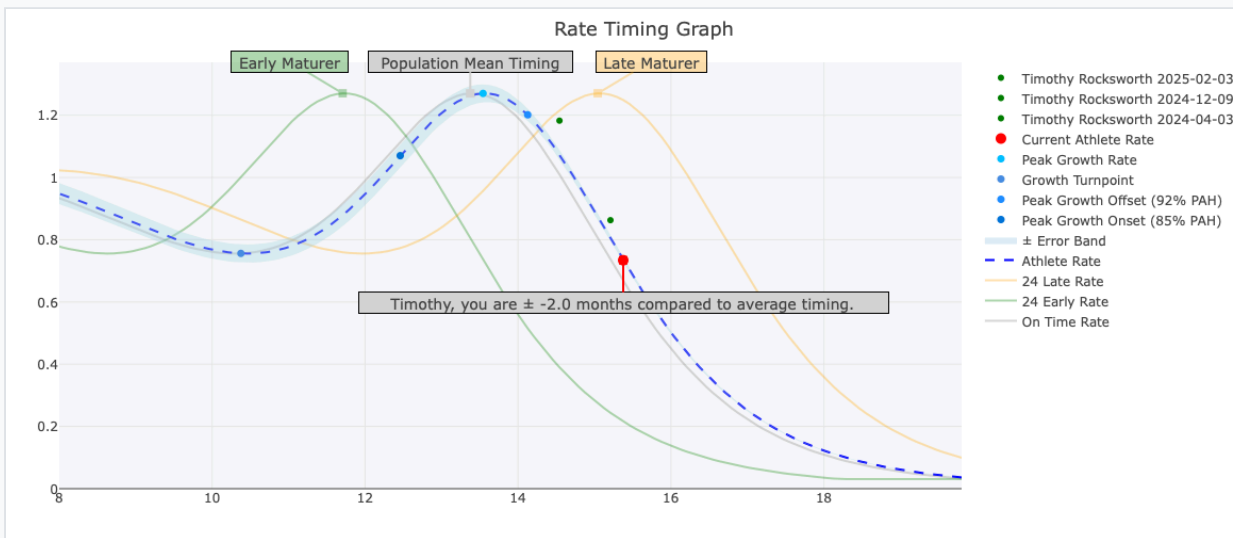
At **96.4%** PAH, it indicates that you are Post Peak Height Velocity (Post-PHV). Peak Height Velocity (PHV) is where your growth rate accelerates. This is often referred to as a 'growth spurt'. Post-PHV means you are out of this intense growth period and your growth rate is progressively slowing toward full adult height. This is an ideal time to increase strength, power, and sport-specific skills, as the body can better tolerate higher training loads.

You have a Z-Score of **0.11**, indicating that your growth measurements are within the **normal range** for someone at your age. A Z-score isn't good or bad, it just helps coaches and health professionals understand where you are in your growth journey so training and support can be right for you.

Another point of interest is Growth Timing. Growth Timing is the age at which you reach growth milestones. Your test today indicates your Timing Offset is **-2.0 months** describing you as a **On Time** which suggests you are in line with average timing.

Rate Timing Graph

Rate Timing Graph



Growth Milestones

Growth Milestones Table

Metric	Test Record 1
Full Predicted Adult Height (cm)	171.25
Error +- cm	1.73
% of Predicted Adult Height (%PAH)	96.35
Biological Age	15.21
Chronological Age	15.38
School Year (UK)	Year 10
Timing Offset (months)	-2.01
Maturation Category	On Time

Predicted Growth Milestones

Based on your current data, here's your predicted growth trajectory:

Your current age is **15.4** years and your biological age is **15.2** years.

At around **10.5** years of age, your growth rate began to increase, marking the turnpoint of your growth rate increasing towards **PHV**.

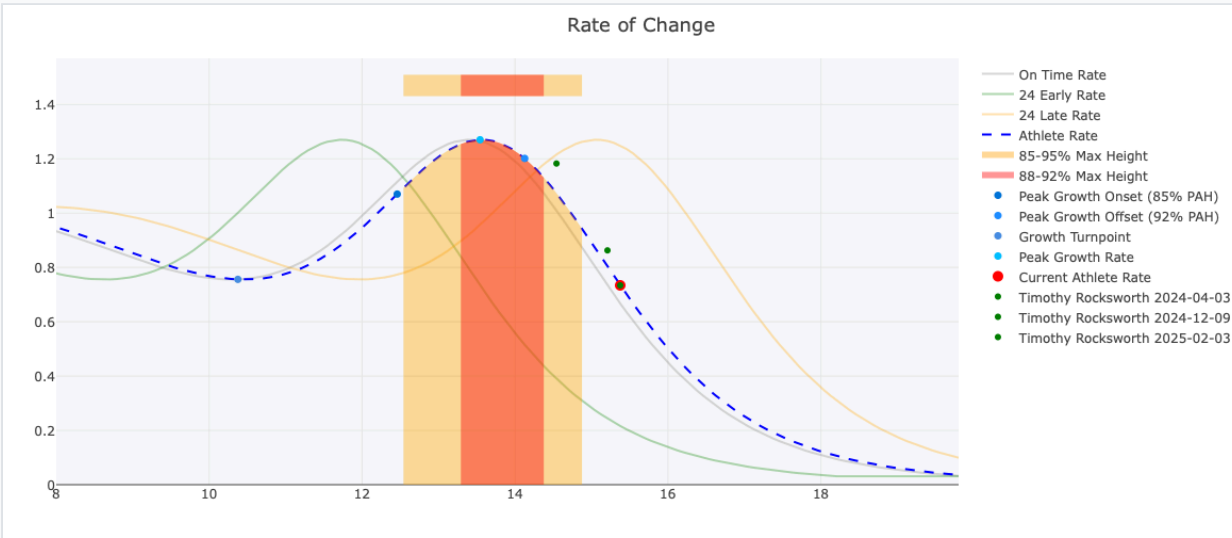
By about **12.5** years, you had reached roughly 85% of your predicted adult height (**PAH**), a milestone that signals the start of your **PHV** phase.

Your peak growth rate occurred at approximately **13.5** years, and you reached around 92% of your **PAH** by **14.1** years.

Finally, your final adult height is estimated to be achieved at around **20.0** years of age.

Rate Graph

Rate of Change



Growth Milestone Predictions

Growth Milestone Predictions (Ages)

Metric	Test Record 1
School Year (UK)	Year 10
Biological School Year	Year 10
Chronological Age	15.38
Biological Age	15.21
Growth Turnpoint	10.46
Growth Onset (85% PAH)	12.46
Peak Growth Rate	13.54
Peak Growth Offset (92% PAH)	14.13

Growth Milestone Predictions (Dates)

Metric	Test Record 1
Date Growth Rate Increases	03/02/2020
Date of 85% PAH	05/03/2022
Date of Max Growth Rate	05/04/2023
Date of 92% PAH	04/11/2023

Height Graph

Height Comparison

