

Basic Info

Profile

Summary

Wellness Information	
Body Fat %	24.2%
Fat Mass	17.7 kg
Lean Mass	53.0 kg
Body Fat % Rank	Your body fat % rank is Average
Comparison Rank	Lower body fat than 50% of your peers
BMR	1687 Calories/day
Health Risks	0% higher than ideal



3 Scan and Measurements

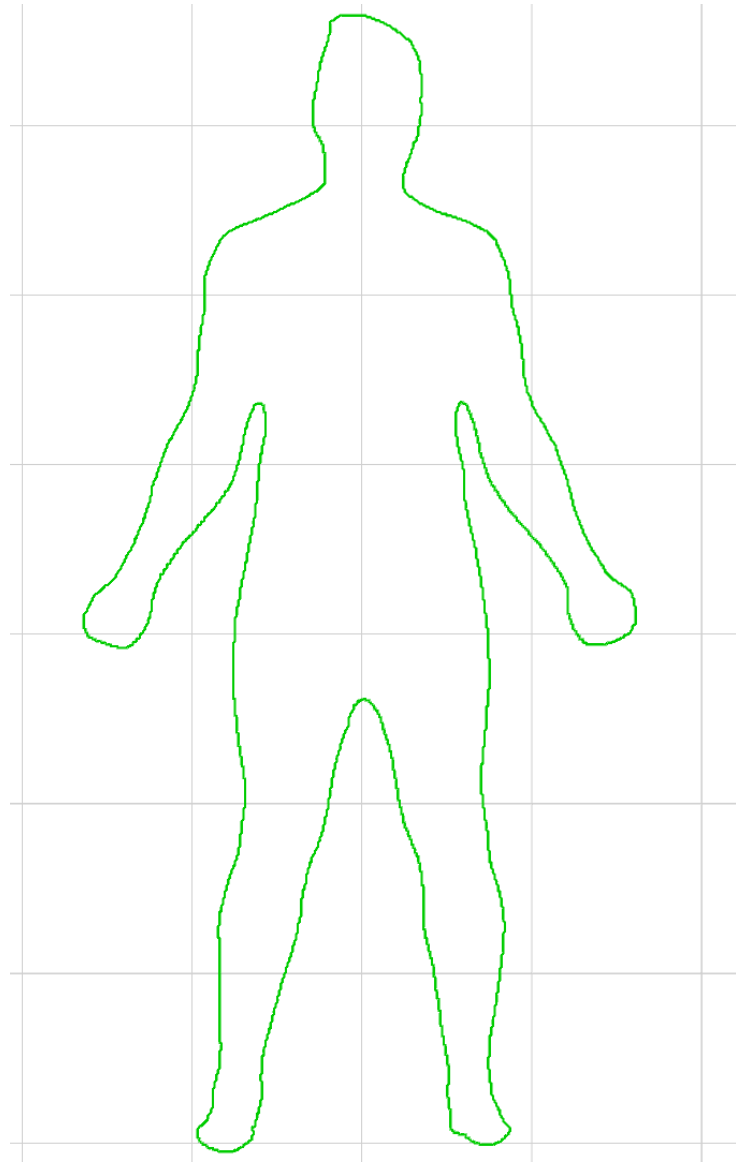


Body Measurements (kg, cm)

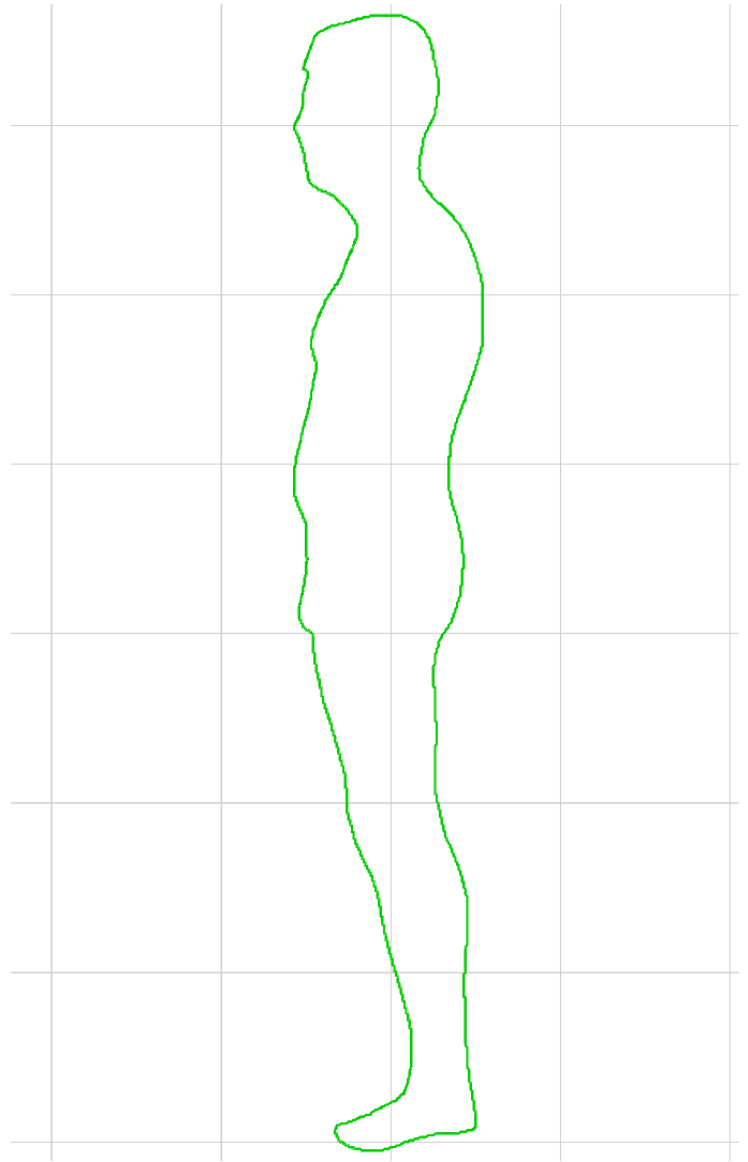
Body Fat %	24.
Lean Mass %	72.
Bone Mass %	3.
Fat Mass	17.
Lean Mass	53.
Bone Mass	2.
Android Mass	1.
Gynoid Mass	5.
Visceral Fat	0.
Subcutaneous Fat	0.
Bicep Left Lower	29.
Bicep Left	33.
Bicep Right Lower	29.
Bicep Right	33.
Calf Left	38.
Calf Right	38.
Chest	96.
Forearm Left	31.
Forearm Right	31.
High Hip	91.
Hip	95.
Neck	38.
Thigh Left Lower	37.
Mid-Thigh Left	46.
Thigh Left Upper	55.
Thigh Right Lower	39.
Mid-Thigh Right	49.
Thigh Right Upper	58.
Waist (Abdominal)	84.
Waist (Lower)	88.
Waist (Narrowest)	79.

Full Body Posture

houette

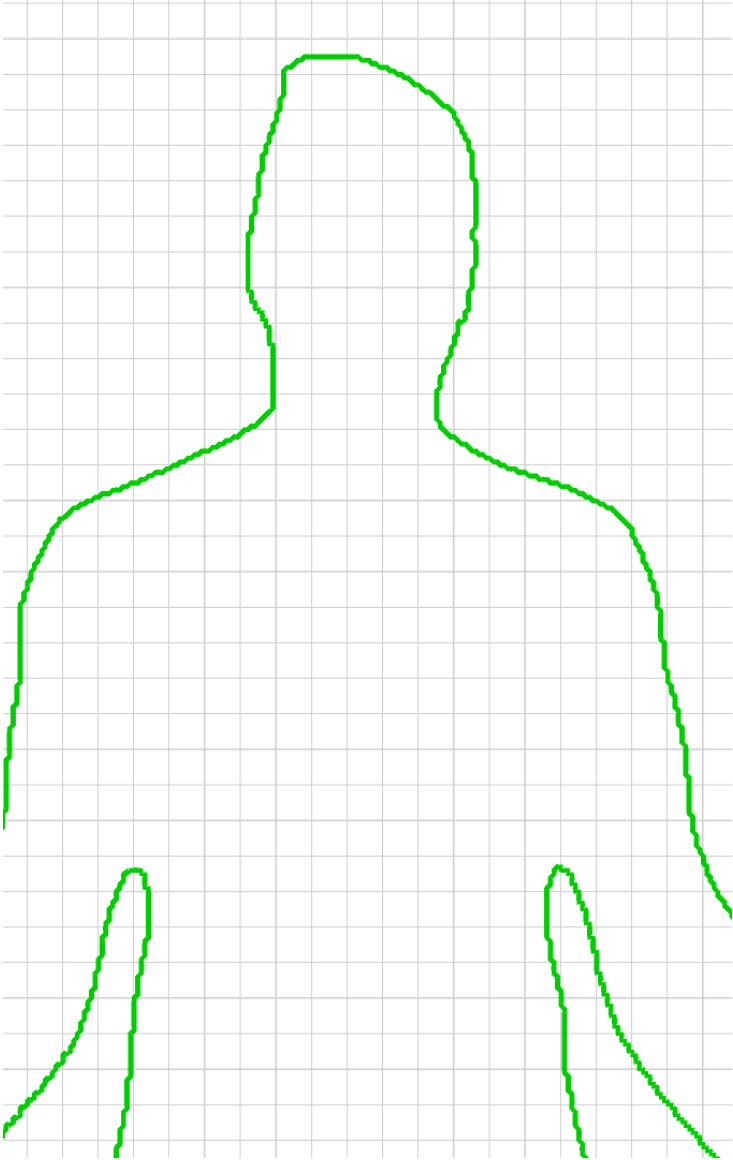


Profile

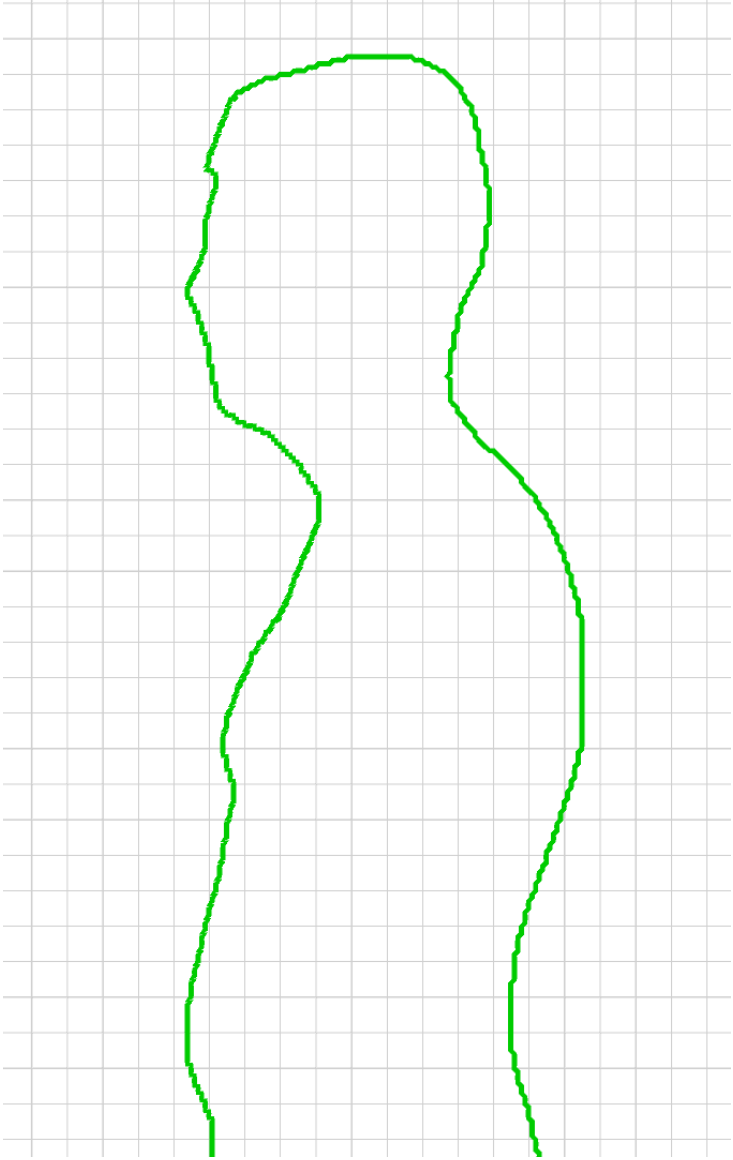


Upper Body Posture

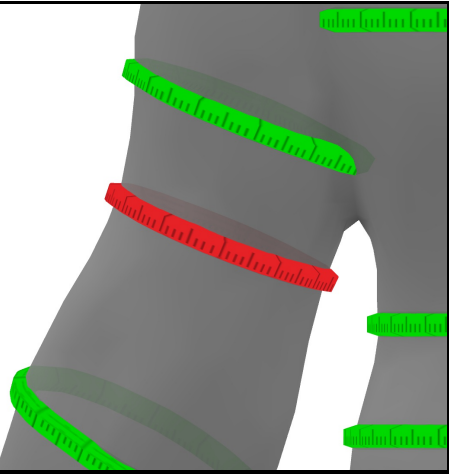
houette



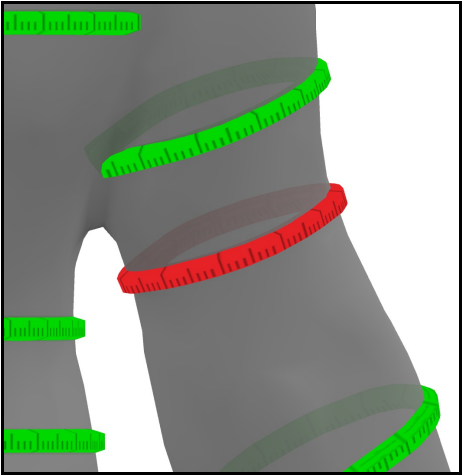
Profile



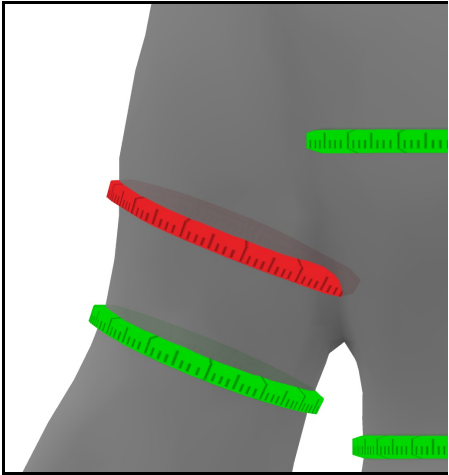
Measurement Snapshots



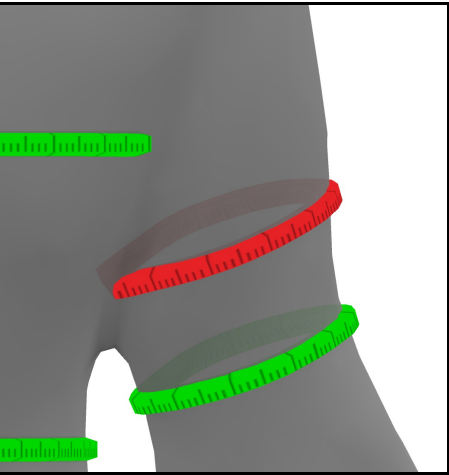
Bicep Left Lower | 29.7



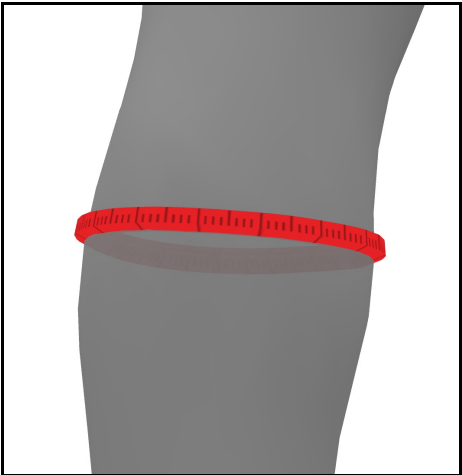
Bicep Right Lower | 29.7



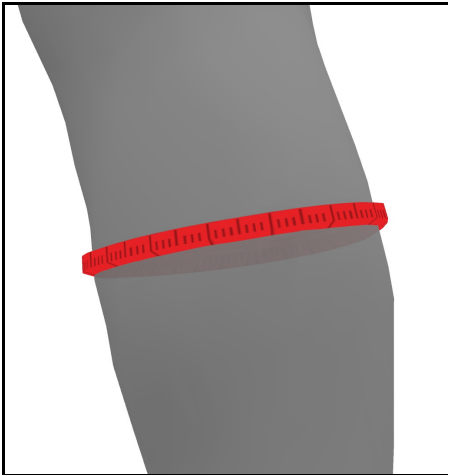
Bicep Left | 33.9



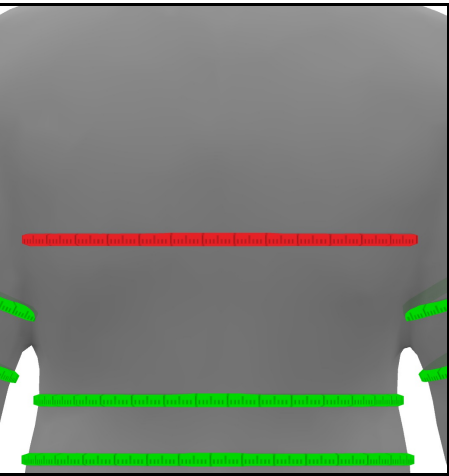
Bicep Right | 33.3



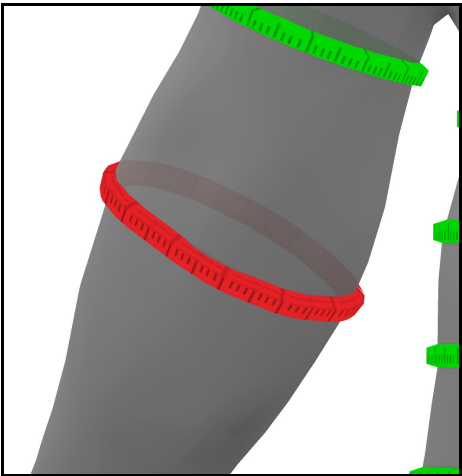
Calf Left | 38.3



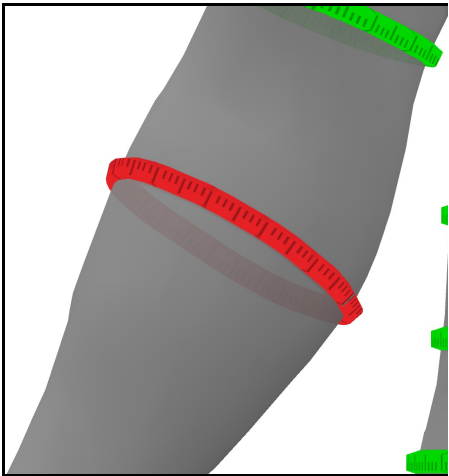
Calf Right | 38.5



Chest | 96.2

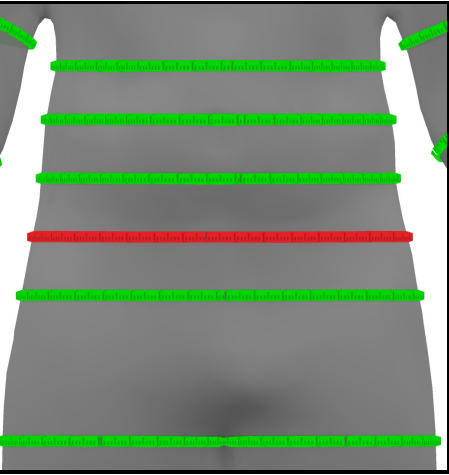


Forearm Left | 31.1

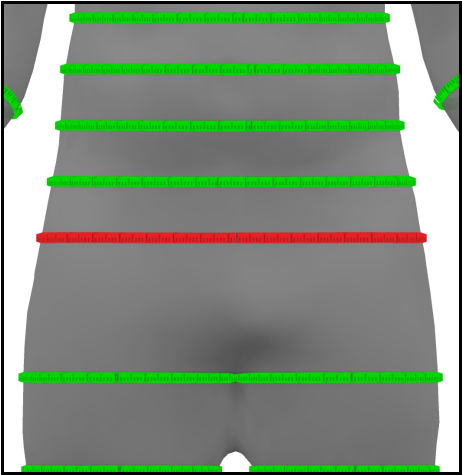


Forearm Right | 31.5

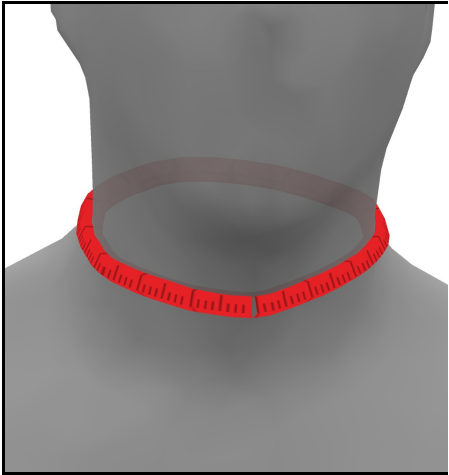
Measurement Snapshots



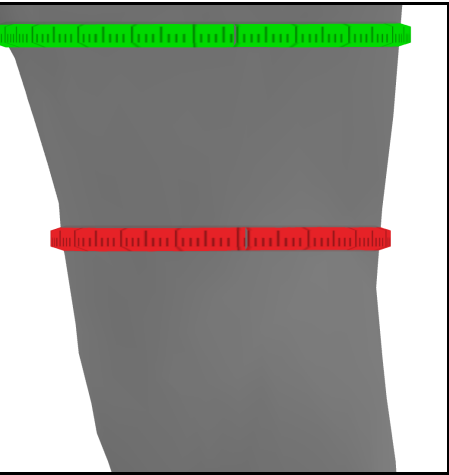
High Hip | 91.4



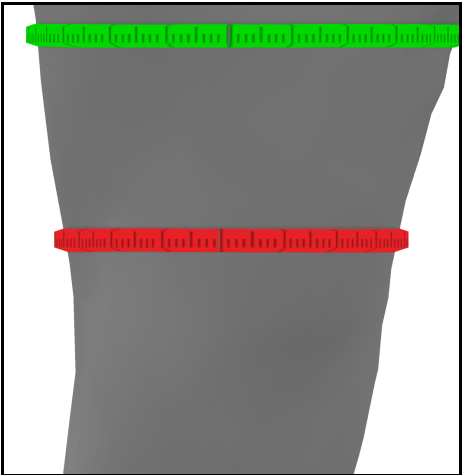
Hip | 95.1



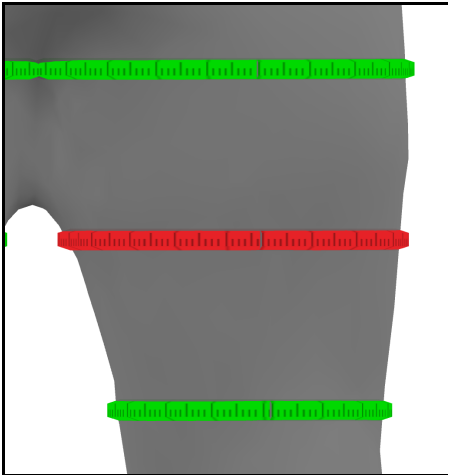
Neck | 38.2



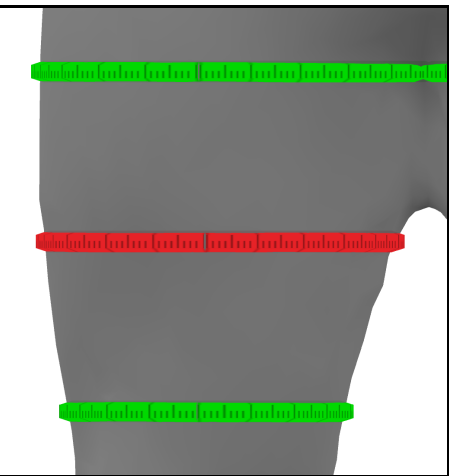
Thigh Left Lower | 37.0



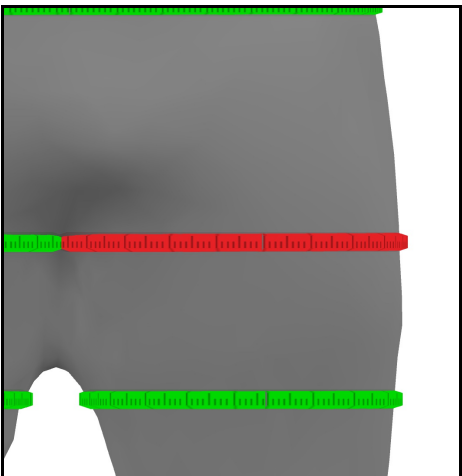
Thigh Right Lower | 39.0



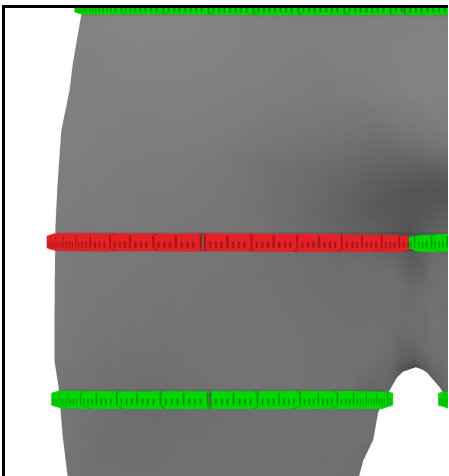
Mid-Thigh Left | 46.8



Mid-Thigh Right | 49.9

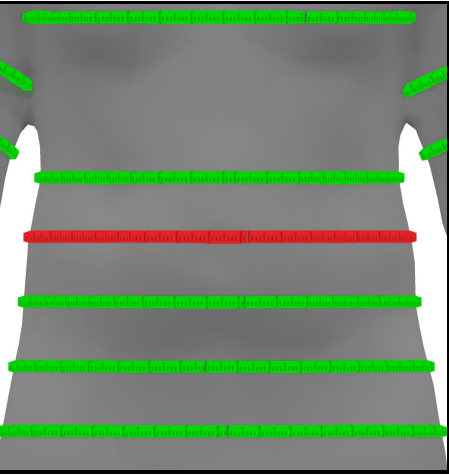


Thigh Left Upper | 55.8

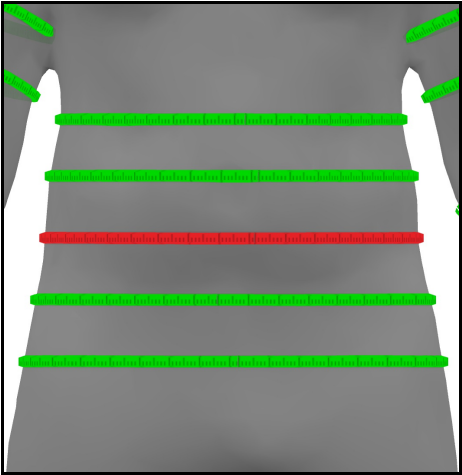


Thigh Right Upper | 58.6

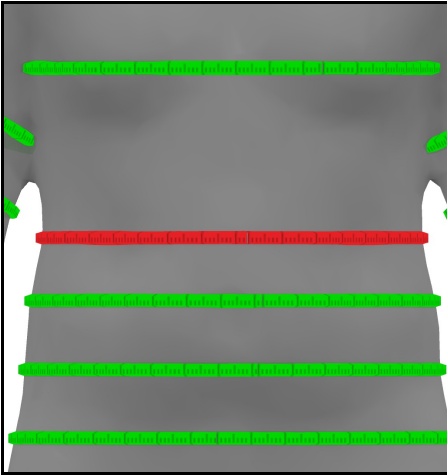
Measurement Snapshots



Waist (Abdominal) | 84.7



Waist (Lower) | 88.3

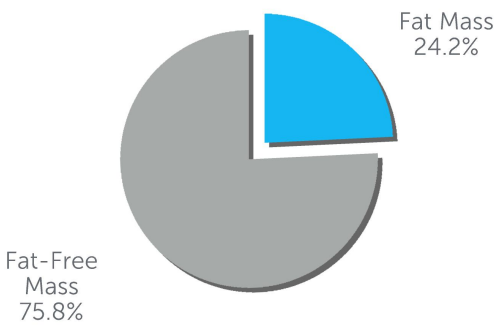


Waist (Narrowest) | 79.4

Body Composition & Rankings

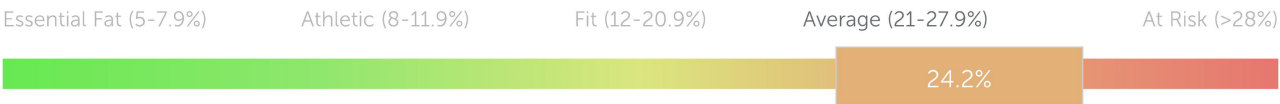
Body Composition

Your body is made up of 17.7 kg of fat mass and 55.5 kg of non-fat mass.



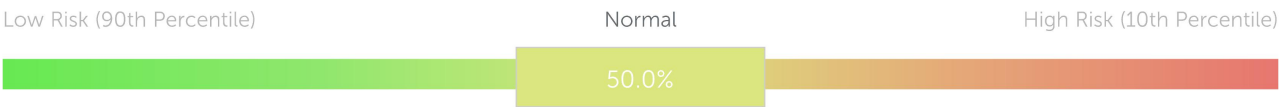
Your Rank

24% places you on the "Average" level. (based on Mayo Clinic research)



Compared With Others

You have a lower body fat than 50% of men, between ages 40-49.



Fat Loss Calculator & Goals

Fat Loss Goal Select the amount of fat you wish to lose.



3.9
Kilograms of Fat

20.0%
Body Fat

Fit
Rank

Workouts per Week^{*} How much fat do you expect to burn a week?



6 Workouts/Week
Heavy Exercise

1.4 kg Lost
per Week

Goal Date You'll reach your goal on the date below at this activity level.

May 16, 2025

^{*}Revised Harris-Benedict Equation (1984)

Activity & Caloric Expenditure

Basal Metabolic Rate (BMR)*

This is how many calories you burn each day without doing any activity.

1687 Calories/day

Caloric Expenditure*

This is the total calories you burn each day.

3036 Calories/day

Caloric Deficit

You'll reach your goal by the target date with this caloric deficit.

1012 Calories/day deficit

Goal Date

You'll reach your goal on the date below at this activity level.

May 16, 2025

Caloric Consumption Keep your daily calorie intake at or below the level listed below.



☐ Personalize

2024 Calories from Food and Beverage

**Revised Harris-Benedict Equation (1984)*

Waist Analysis

Waist Shape

Your waist measures 88.3 cm. Below is a top view of the shape of your waist.



Waist Circumference

88.3 cm puts you at low risk of disease.



Waist-to-Hip Ratio

0.9 puts you at low risk of disease.



Health Risks

Risk Level 88.3 cm puts you at low risk of disease.



Diseases Below is your likelihood of disease compared to those with an ideal waist line.

1x

More likely to suffer from Cancer

1x

More likely to suffer from Cardiovascular Disease

1x

More likely to suffer from Respiratory Disease

1x

More likely to suffer from All Other Diseases

M-Loss Goal

CM-Loss Goal Select the amount of centimeters you'd like to lose around your waist.



0.0 cm
Change in Waist Circumference

Low
Risk Level

Diseases Below is your likelihood of disease compared to those with an ideal waist line.

1x
More likely to suffer from Cancer

1x
More likely to suffer from Cardiovascular Disease

1x
More likely to suffer from Respiratory Disease

1x
More likely to suffer from All Other Diseases