

JOHN DOE

Gender: **male**

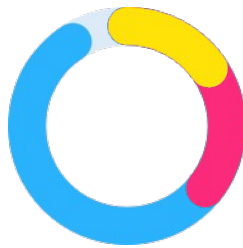
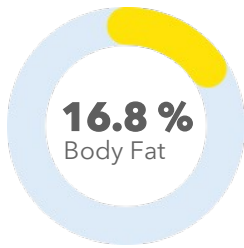
Age: **33**

Report: **2021-09-12**

Height: **69.0 in**

Weight: **166.5 lbs**

Your Percentage Body Fat



- **0.0 %** Excess Fat (0.0 lbs)
- **16.8 %** Healthy Fat (28.0 lbs)
- **22.5 %** Lean Mass (37.4 lbs)
- **60.7 %** Water (101.1 lbs)

BMI

24.6

Based on your BMI:

BMI = weight (kg) / height² (m) **Healthy**

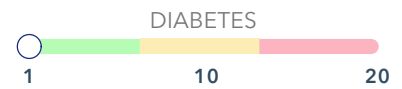
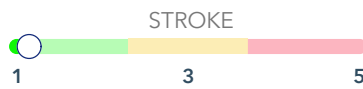
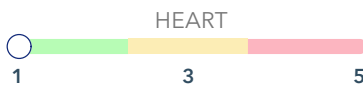
BMR

1727

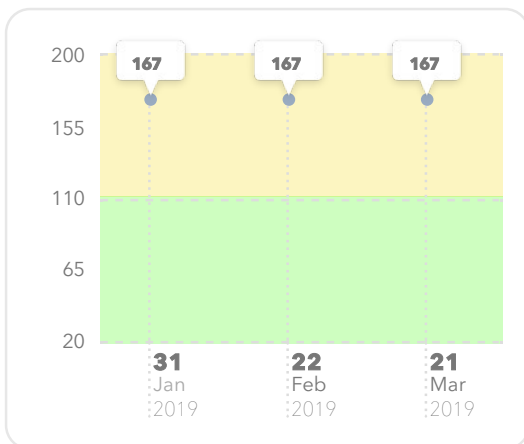
Based on your activity level,
your TEE is:

2646

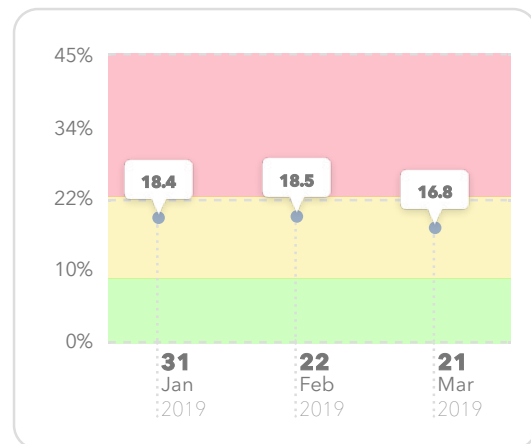
Relative Disease Risk



Weight lbs



Body Fat (%)



JOHN DOE

Calorie Burn

Kcal per Activity/week

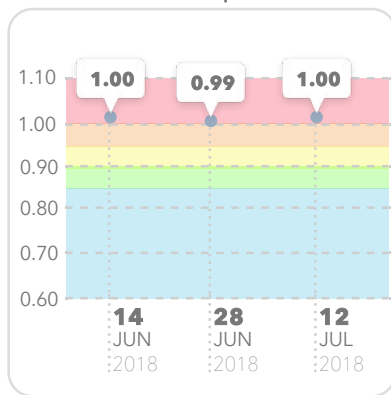


22% (4030)	SLEEPING	(56)	33%
5% (864)	VERY LIGHT	(10)	5%
44% (8096)	LIGHT	(75)	44%
17% (3166)	MODERATE	(20)	11%
6% (1180)	HEAVY	(4)	2%
6% (1187)	EXCEPTIONAL	(3)	1%

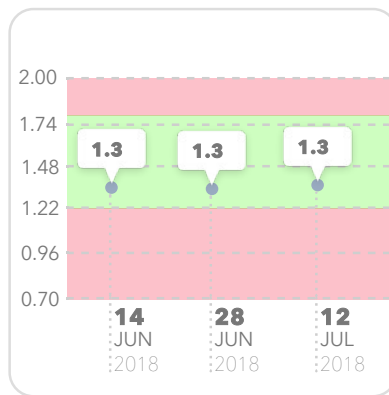
Hours per Activity/week



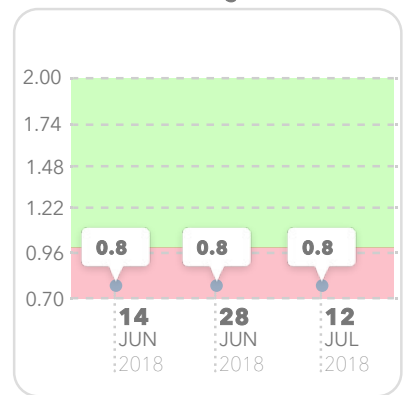
Waist to Hip Ratio



Shoulder to Waist Ratio



Waist to Height Ratio

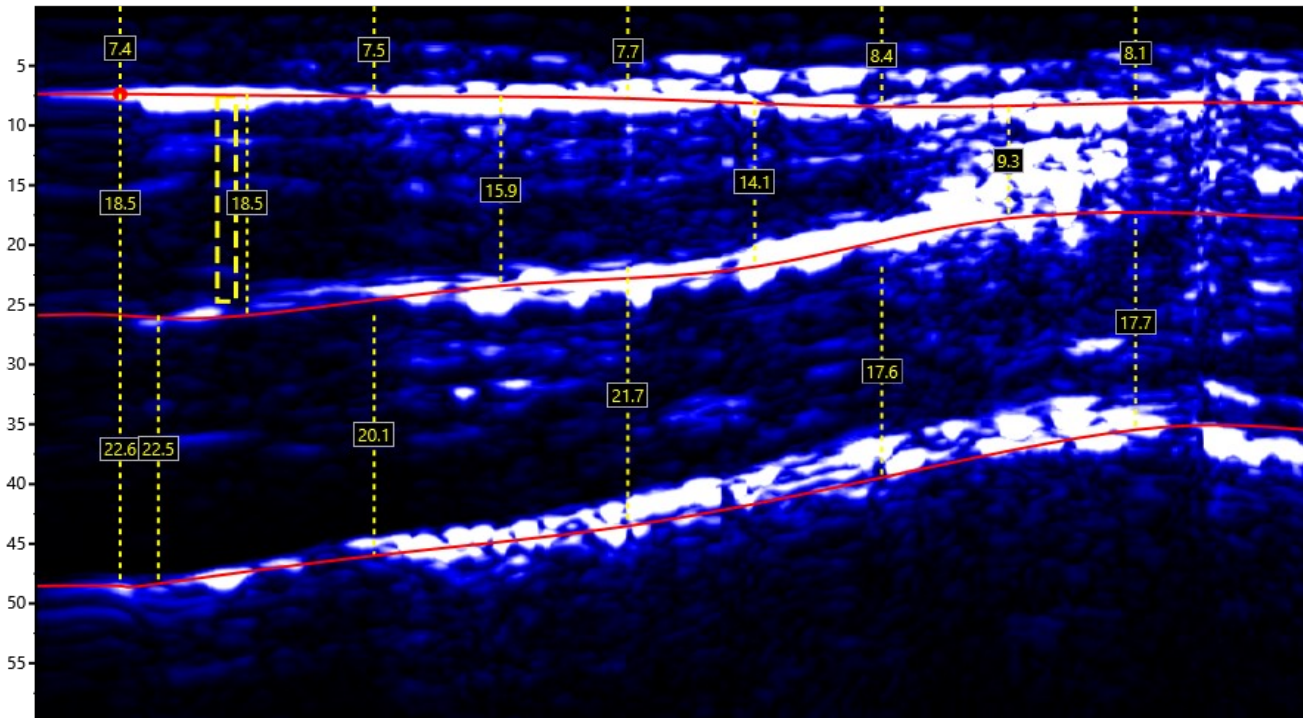


DATE	WEIGHT lbs	%BF	FM lbs	FFM lbs	WATER lbs	THIGH [mm]	SCAPULA [mm]	CHEST [mm]	WAIST [mm]	AXILLA [mm]	TRICEP [mm]	HIP [mm]
18-06-28	167.5	17	28.4	139.1	101.5	8.8	6.1	7.5	17.9	7	6.2	6
18-07-12	168	16.7	28.1	139.9	102.1	8.9	6.3	8	15.7	7.1	6.4	5.3
18-09-12	173.5	19.2	33.2	140.3	102.4	9.5	7.1	9.2	20	6.6	9.6	6.9
18-10-05	173.5	18.1	31.4	142.1	103.7	9.2	6.6	6.8	19.8	8.4	7.1	6.8
18-10-23	173.5	18.2	31.6	141.9	103.6	9.2	7.4	7	18.9	7.5	8.4	6.2
18-11-16	169	18.2	30.7	138.3	101.0	8	6.9	10.1	18.2	6.7	8.2	6.1
19-01-03	173	18.4	31.8	141.2	103.1	8.9	7.2	8.5	20.3	7.7	7.1	6.3
19-01-31	166.5	18.4	30.7	135.8	99.1	9	7.6	8.9	19.4	6.2	8.2	6.5
19-02-22	166.5	18.5	30.8	135.7	99.1	9.8	7.4	7.7	19.4	7.3	6.2	8.2
19-03-21	166.5	16.8	28.0	138.5	101.1	9.2	6	6	18.6	6.6	6.3	6.6

*MM (mm of Fat)

Thigh -- 20170517 at 11:16:14 AM Scan Note - right thigh -

Measured Thickness 17.5 mm, 0.69in



Waist -- 20170523 at 9:11:53 PM

Measured Thickness

