

Name John Smith

Age/Gender 45 Male

Date/Time 1/1/14 4:00 PM

Height 5-7.0 ft-in

Analyzer Tanita / Ironman SC240

### Results

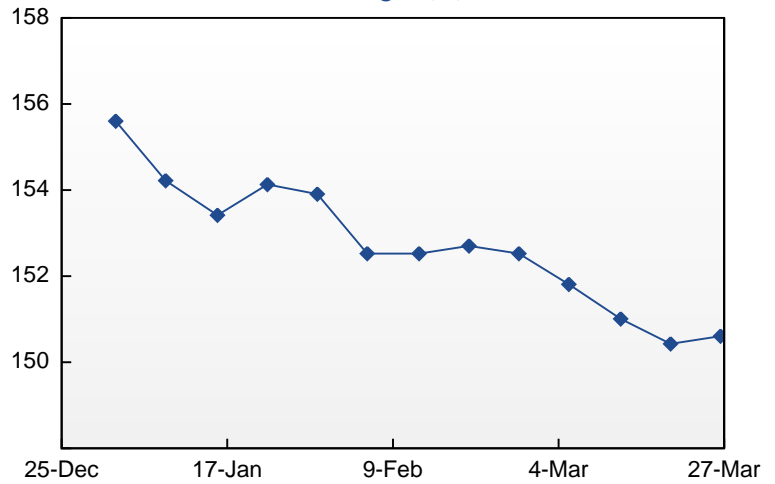
|                            |                         |
|----------------------------|-------------------------|
| Weight                     | 155.6 lb                |
| Body Mass Index (BMI)      | 24.4                    |
| Body Fat %                 | 16.4 %                  |
| Body Fat Mass              | 25.6 lb                 |
| Body Fat Range             | Healthy                 |
| Fat Free Mass              | 130.0 lb                |
| Visceral Fat Rating        | 7                       |
| Body Water %               | 59.1 %                  |
| Body Water Mass            | 92.0 lb                 |
| Muscle Mass/Score          | 123.4 lb Score Average  |
| Bone Mass                  | 6.6 lb                  |
| Basal Metabolic Rate Score | 1690 kcal Score Average |
| Metabolic Age              | 30.0 yrs                |
| Daily Calorie Intake       | 3008 kcal               |
| Physique Rating            | 5-Standard              |
| Impedance                  | 419 Ω                   |

### Desirable

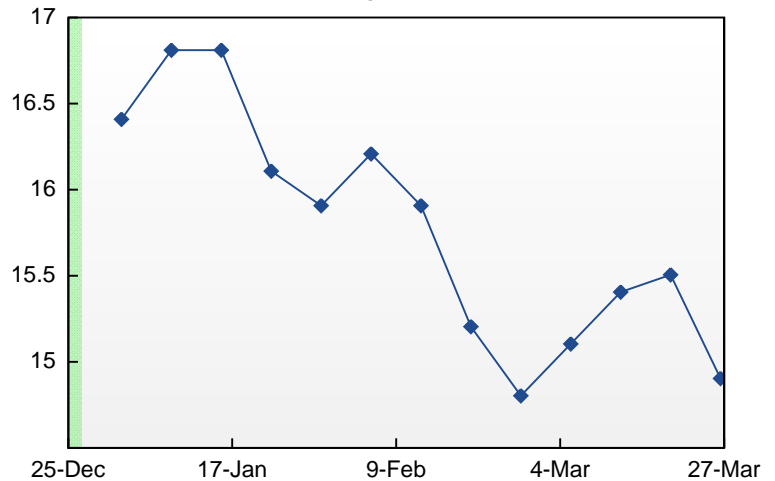
|                       |                  |
|-----------------------|------------------|
| Desirable Weight      | 118.2 - 159.0 lb |
| Body Fat %            | 11.0 - 21.9 %    |
| Body Fat Mass         | 16.0 - 36.4 lb   |
| Body Mass Index (BMI) | 18.5 - 24.9      |

### Last 90 Days

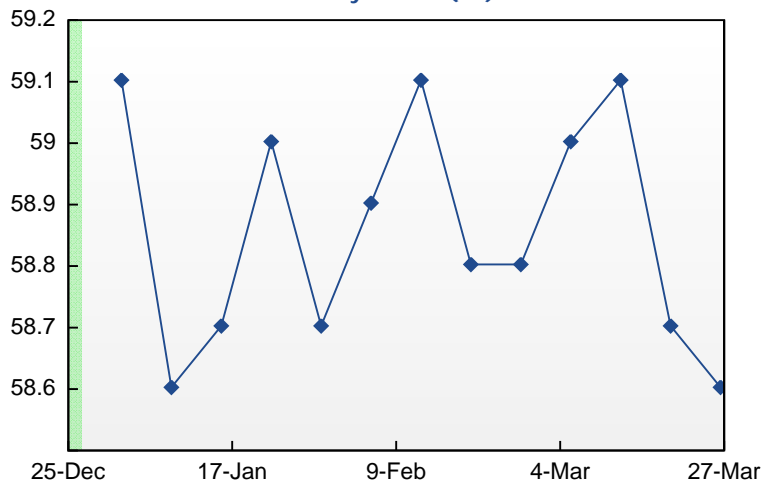
Weight (lb)



Body Fat (%)



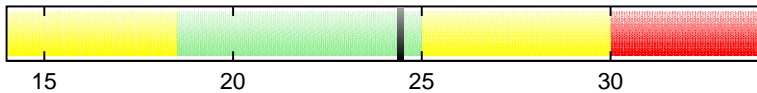
Body Water (%)



### Analysis

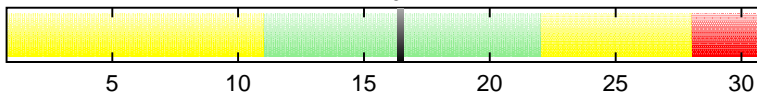
Body Mass Index (BMI)

24.4



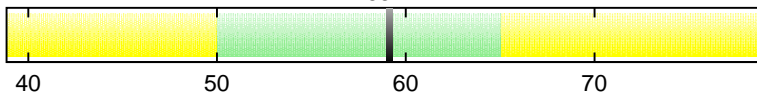
Body Fat (%)

16.4



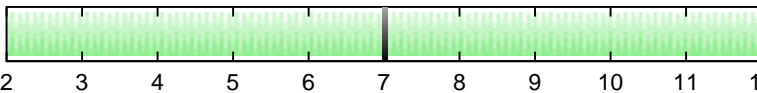
Body Water (%)

59.1



Visceral Fat Rating

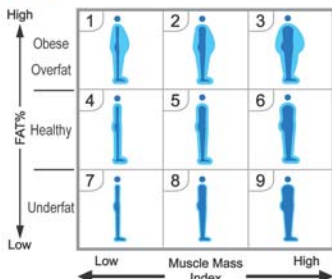
7



Analysis for 45 year old Male



Physique Ratings



Bone Mass Ranges

Average of estimated bone mass

|                          | Weight   |                              |                                 |                              |                  |                  |                  |
|--------------------------|--|------------------------------|---------------------------------|------------------------------|------------------|------------------|------------------|
| ♂                        | <table border="1"> <tr> <td>Less than 110 lb (50 kg)</td> <td>110 lb - 165 lb (50 kg - 75 kg)</td> <td>165 lb and up (75 kg and up)</td> </tr> <tr> <td>4.3 lb (1.95 kg)</td> <td>5.3 lb (2.40 kg)</td> <td>6.5 lb (2.95 kg)</td> </tr> </table> | Less than 110 lb (50 kg)     | 110 lb - 165 lb (50 kg - 75 kg) | 165 lb and up (75 kg and up) | 4.3 lb (1.95 kg) | 5.3 lb (2.40 kg) | 6.5 lb (2.95 kg) |
| Less than 110 lb (50 kg) | 110 lb - 165 lb (50 kg - 75 kg)  | 165 lb and up (75 kg and up) |                                 |                              |                  |                  |                  |
| 4.3 lb (1.95 kg)         | 5.3 lb (2.40 kg)   | 6.5 lb (2.95 kg)             |                                 |                              |                  |                  |                  |
| ♀                        | <table border="1"> <tr> <td>Less than 143 lb (65 kg)</td> <td>143 lb - 209 lb (65 kg - 95 kg)</td> <td>209 lb and up (95 kg and up)</td> </tr> <tr> <td>5.9 lb (2.66 kg)</td> <td>7.3 lb (3.29 kg)</td> <td>8.1 lb (3.69 kg)</td> </tr> </table> | Less than 143 lb (65 kg)     | 143 lb - 209 lb (65 kg - 95 kg) | 209 lb and up (95 kg and up) | 5.9 lb (2.66 kg) | 7.3 lb (3.29 kg) | 8.1 lb (3.69 kg) |
| Less than 143 lb (65 kg) | 143 lb - 209 lb (65 kg - 95 kg)  | 209 lb and up (95 kg and up) |                                 |                              |                  |                  |                  |
| 5.9 lb (2.66 kg)         | 7.3 lb (3.29 kg)   | 8.1 lb (3.69 kg)             |                                 |                              |                  |                  |                  |