

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

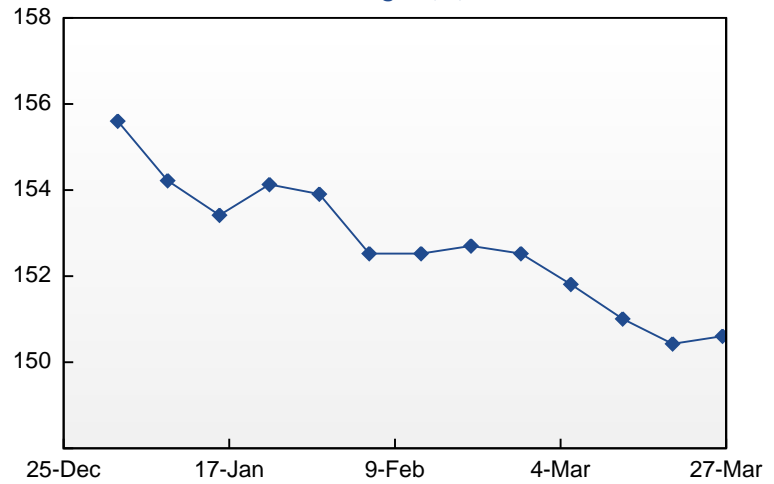
Weight	155.6 lb
Body Mass Index (BMI)	24.4
Body Fat %	16.4 %
Body Fat Mass	25.6 lb
Body Fat Range	Healthy
Fat Free Mass	130.0 lb
Visceral Fat Rating	7
Body Water %	59.1 %
Body Water Mass	92.0 lb
Muscle Mass/Score	123.4 lb Score Average
Bone Mass	6.6 lb
Basal Metabolic Rate Score	1690 kcal Score Average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

### Desirable

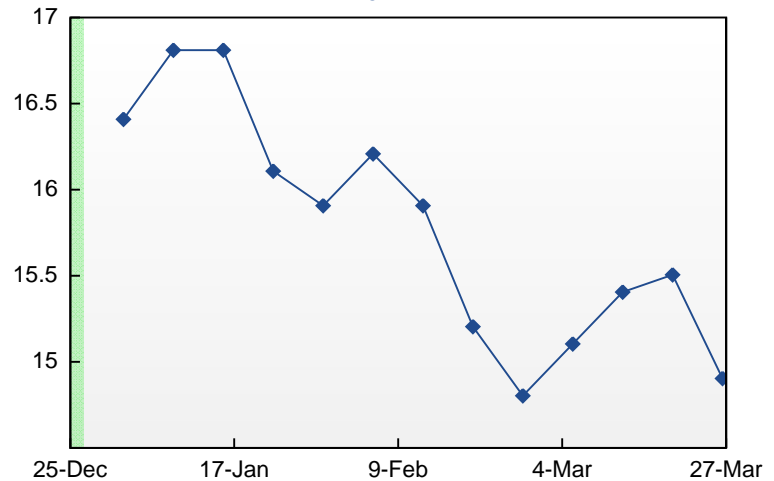
Desirable Weight	118.2 - 159.0 lb
Body Fat %	11.0 - 21.9 %
Body Fat Mass	16.0 - 36.4 lb
Body Mass Index (BMI)	18.5 - 24.9

### Last 90 Days

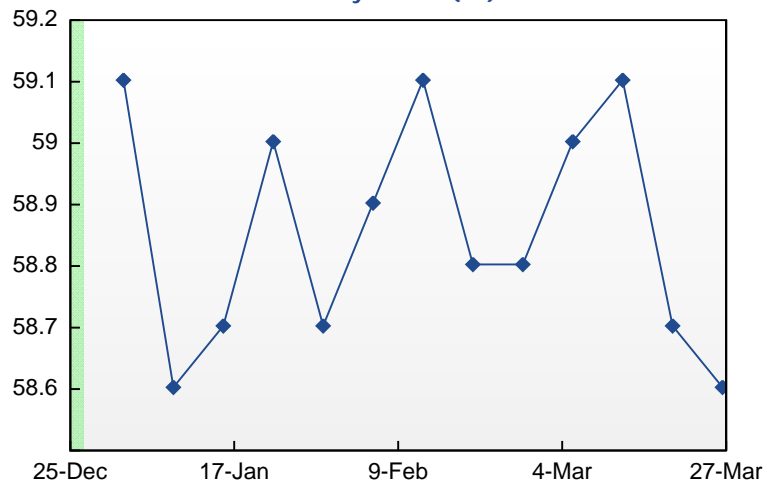
Weight (lb)



Body Fat (%)



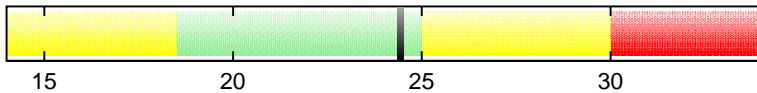
Body Water (%)



### Analysis

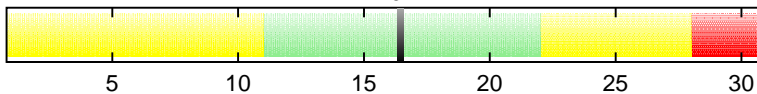
Body Mass Index (BMI)

24.4



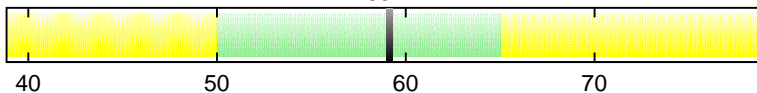
Body Fat (%)

16.4



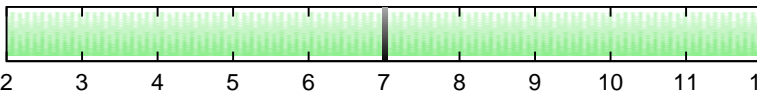
Body Water (%)

59.1



Visceral Fat Rating

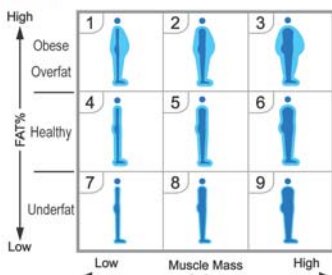
7



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)
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♀	<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)
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