

Name John Smith

Age/Gender 43 Male

Date & Time 5/28/2012 8:00 AM

Height 5-7.0 ft-in

Analyzer BC-418

Results

Weight	143.0 lb
Body Mass Index (BMI)	22.4
Body Fat %	14.8 %
Body Fat Mass	21.2 lb
Body Fat Range	Healthy
Fat Free Mass	122.0 lb
Body Water %	62.4 %
Body Water Mass	89.4 lb
Basal Metabolic Rate	1602 kcal
Daily Calorie Intake	2852 kcal
Impedance	554 Ω

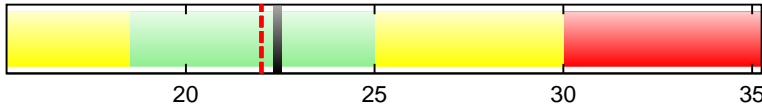
Segmental Data

	Right Leg	Left Leg	Right Arm	Left Arm	Trunk
Fat	12.4 %	13.1 %	14.1 %	13.8 %	14.0 %
Fat Mass	3.0 lb	3.0 lb	1.2 lb	1.2 lb	11.2 lb
Fat Free Mass	21.0 lb	20.2 lb	6.8 lb	7.0 lb	68.6 lb
Muscle Mass	20.0 lb	19.2 lb	6.4 lb	6.6 lb	66.0 lb
Impedance	238 Ω	241 Ω	294 Ω	293 Ω	

Analysis

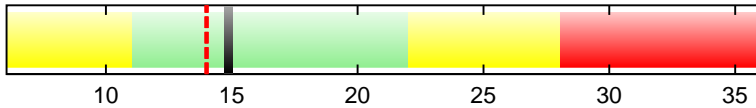
Body Mass Index (BMI)

22.4



Body Fat (%)

14.8

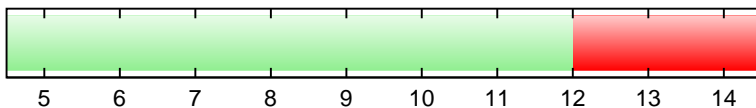


Body Water (%)

62.4



Visceral Fat Rating

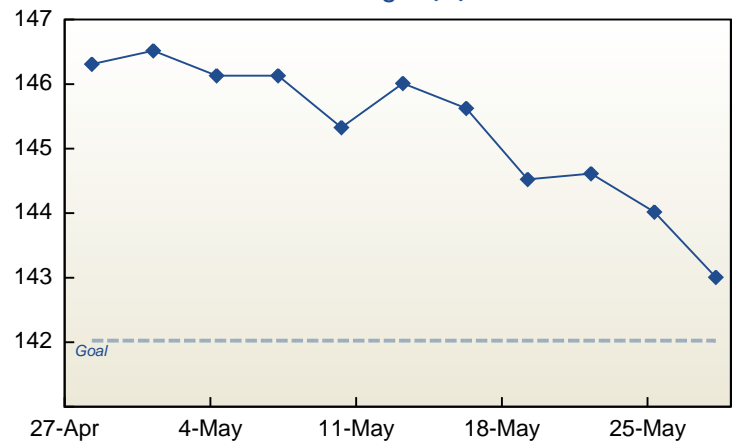


Analysis for 43 year old Male

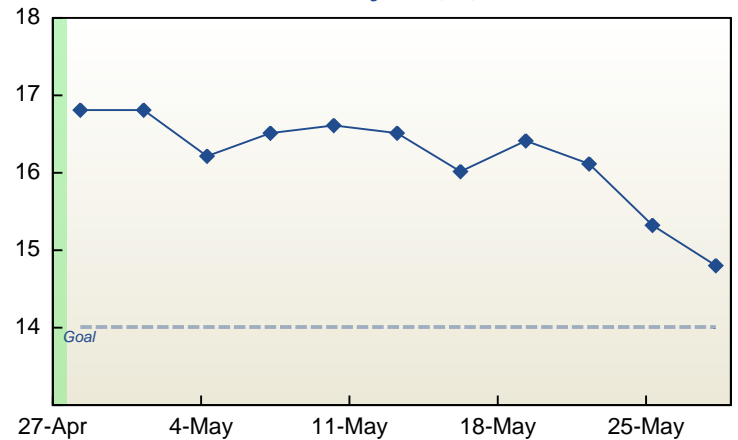
Goal

Last 30 Days

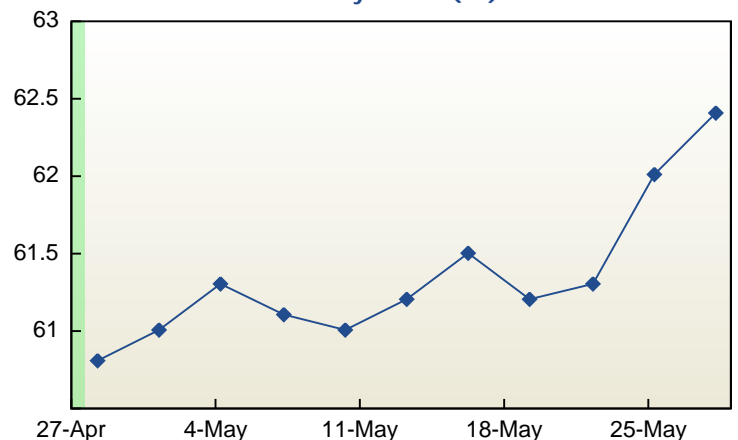
Weight (lb)



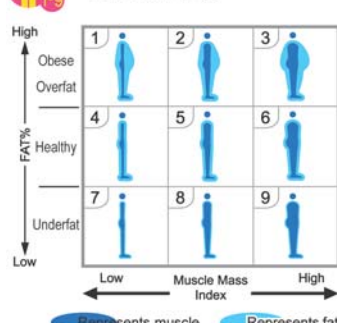
Body Fat (%)



Body Water (%)



Physique Ratings



Bone Mass Ranges

Average of estimated bone mass

	Weight	
♂	Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)
♂	4.3 lb (1.95 kg)	5.3 lb (2.40 kg)
♂	165 lb and up (75 kg and up)	6.5 lb (2.95 kg)
♀	Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)
♀	5.9 lb (2.66 kg)	7.3 lb (3.29 kg)
♀	209 lb and up (95 kg and up)	8.1 lb (3.69 kg)