

Name John Smith

Age/Gender 46 Male

Date/Time 1/1/14 4:17 PM

Height 5-7.0 ft-in

Analyzer MC-780U

### Results

Weight	154.2 lb
Body Mass Index (BMI)	24.2
Body Fat %	14.0 %
Body Fat Mass	21.6 lb
Body Fat Range	Healthy
Fat Free Mass	132.4 lb
Visceral Fat Rating	6
Body Water %	62.1 %
Body Water Mass	95.6 lb
Extracellular Water Mass	38.6 lb ECW/TBW 40.3 %
Intracellular Water Mass	57.0 lb
Muscle Mass/Score	125.8 lb Score Average
Bone Mass	6.6 lb
Basal Metabolic Rate Score	1714 kcal Score Average
Daily Calorie Intake	3051 kcal
Physique Rating	5-Standard

### Segmental Data

	Left Leg	Right Leg	Left Arm	Right Arm	Trunk
Fat	13.1 %	12.3 %	15.1 %	15.1 %	14.7 %
Fat Mass	3.4 lb	3.0 lb	1.4 lb	1.4 lb	12.6 lb
Fat Free Mass	21.8 lb	22.8 lb	7.4 lb	7.4 lb	73.0 lb
Muscle Mass	20.8 lb	21.6 lb	7.0 lb	7.0 lb	69.4 lb
Fat Score	Lo	Lo	Avg	Avg	Lo
Muscle Score	Avg	Avg	Avg	Avg	Avg
Balance					

### Desirable

Desirable Weight	118.2 - 159.0 lb
Body Fat %	11.0 - 21.9 %
Body Fat Mass	16.4 - 37.2 lb
Body Mass Index (BMI)	18.5 - 24.9

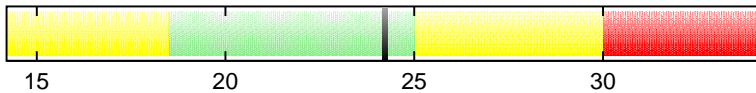
### Target

Target Body Fat	15.0 %
Predicted Weight	155.8 lb
Predicted Fat Mass	23.4 lb
Fat To Gain/Lose(-)	1.8 lb

### Analysis

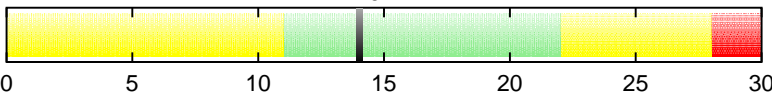
#### Body Mass Index (BMI)

24.2



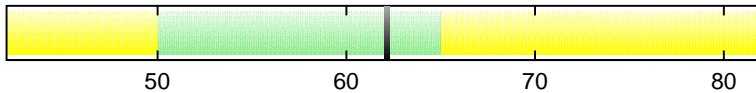
#### Body Fat (%)

14.0



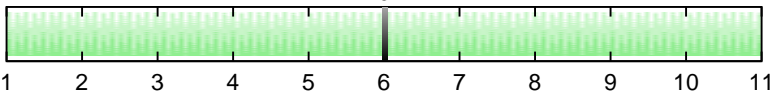
#### Body Water (%)

62.1



#### Visceral Fat Rating

6

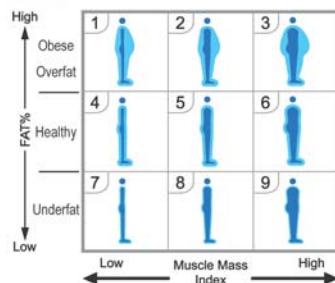


Analysis for 46 year old Male

Goal



#### Physique Ratings



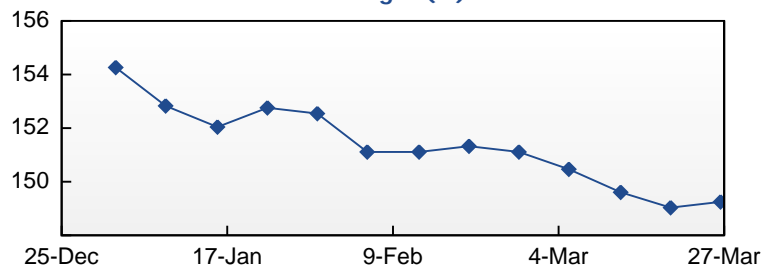
#### Bone Mass Ranges

Average of estimated bone mass

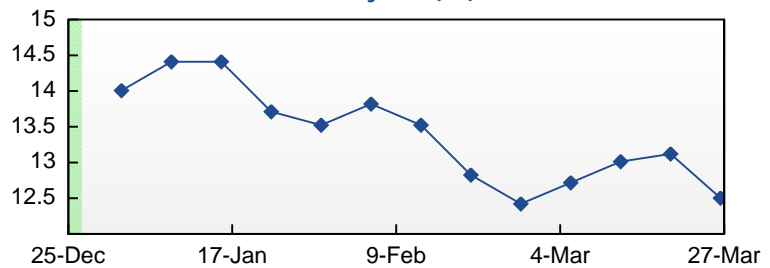
	Weight	
♂	Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)
♂	110 lb (50 kg)	165 lb and up (75 kg and up)
♀	Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)
♀	143 lb (65 kg)	209 lb and up (95 kg and up)
	5.9 lb (2.66 kg)	7.3 lb (3.29 kg)
		8.1 lb (3.69 kg)

### Last 90 Days

#### Weight (lb)



#### Body Fat (%)



#### Body Water (%)

