

Name John Smith

Age/Gender 51 Male

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

Height 5-11.0 ft-in

Analyzer Tanita SC-331S

Results

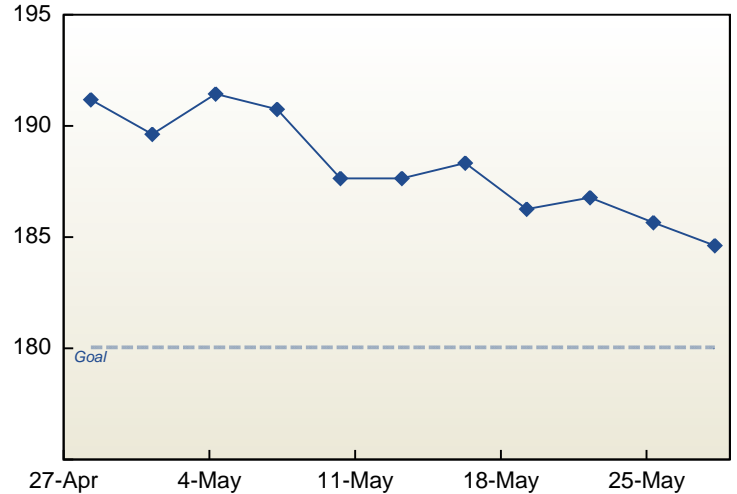
Weight	184.6 lb
Body Mass Index (BMI)	25.8
Body Fat %	24.8 %
Body Fat Mass	45.8 lb
Body Fat Range	Overfat
Fat Free Mass	138.8 lb
Visceral Fat Rating	10
Body Water %	51.7 %
Body Water Mass	95.4 lb
Muscle Mass	134.0 lb
Bone Mass	7.0 lb
Basal Metabolic Rate	1857 kcal
Metabolic Age	56.0 yrs
Daily Calorie Intake	3305 kcal
Impedance	500 Ω

Target

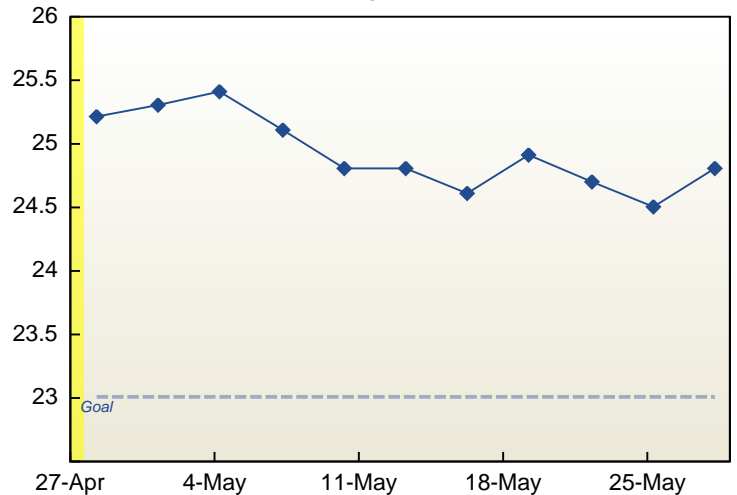
Ideal Body Weight	71.6 lb
Degree Of Obesity	17.1 %

Last 30 Days

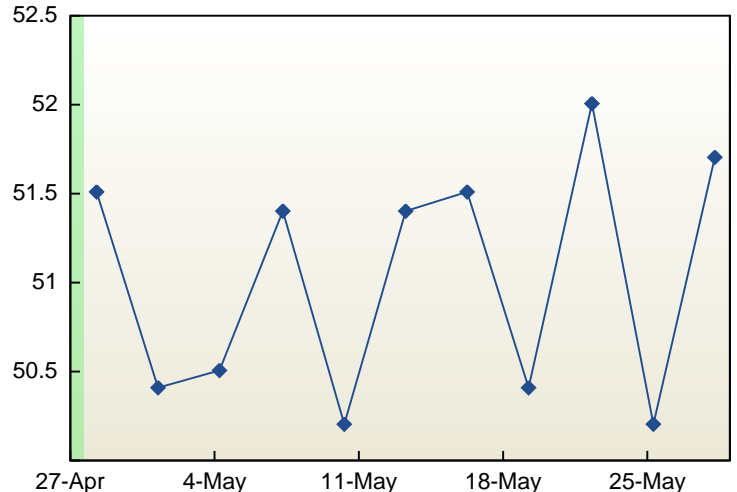
Weight (lb)



Body Fat (%)



Body Water (%)



Analysis

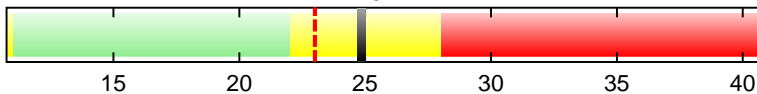
Body Mass Index (BMI)

25.8



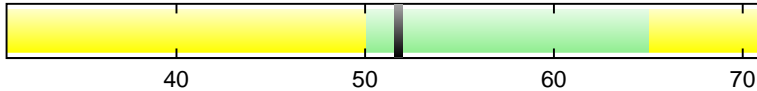
Body Fat (%)

24.8



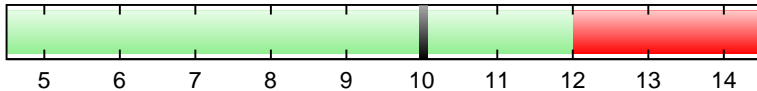
Body Water (%)

51.7



Visceral Fat Rating

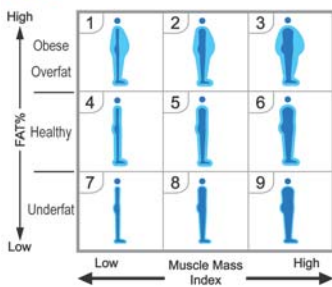
10



Analysis for 51 year old Male



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)	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 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)