

Name John Smith

Age/Gender 51 Male

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

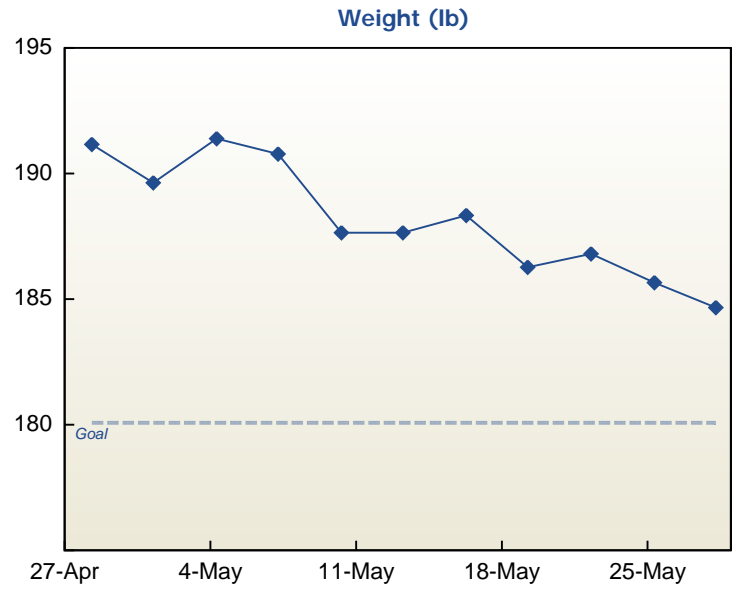
Height 5-11.0 ft-in

Analyzer Tanita TBF-410GS

### 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
Body Water %	51.7 %
Body Water Mass	95.4 lb
Basal Metabolic Rate	1857 kcal
Daily Calorie Intake	3305 kcal
Impedance	500 Ω

### Last 30 Days



### Analysis

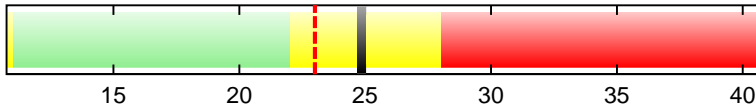
#### Body Mass Index (BMI)

25.8



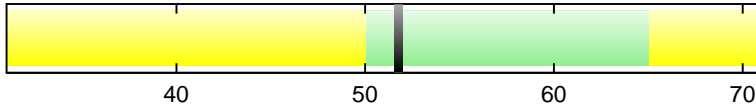
#### Body Fat (%)

24.8

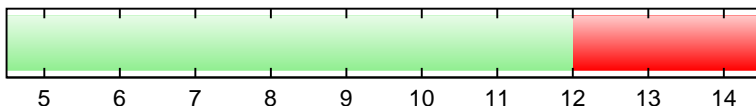


#### Body Water (%)

51.7

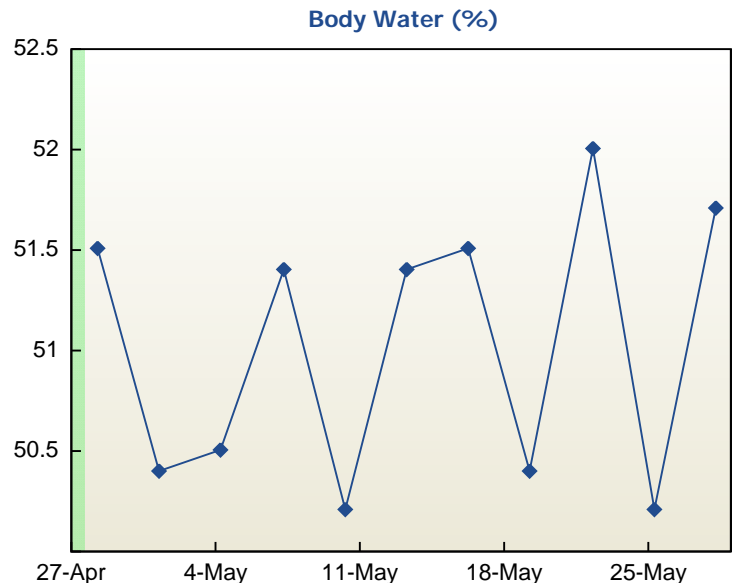
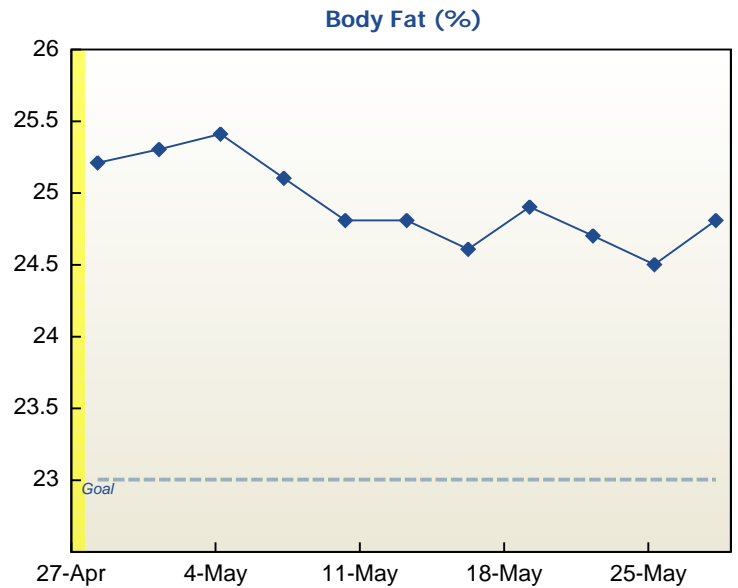


#### Visceral Fat Rating

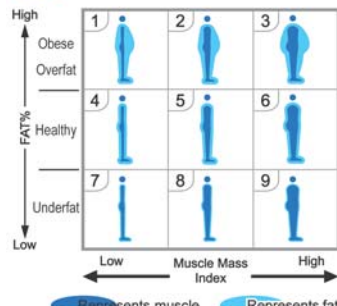


Analysis for 51 year old Male

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)