

Name John Smith

Age/Gender 51 Male

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

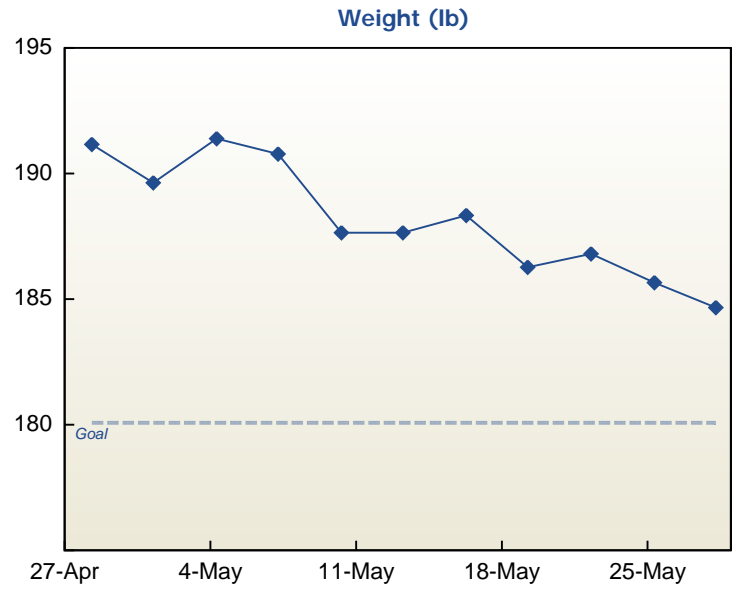
Height 5-11.0 ft-in

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

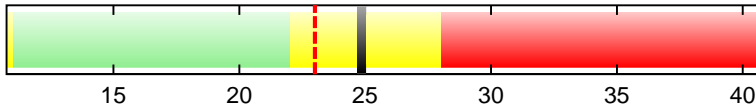
Body Mass Index (BMI)

25.8



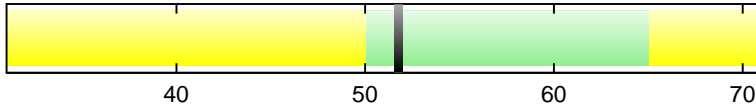
Body Fat (%)

24.8

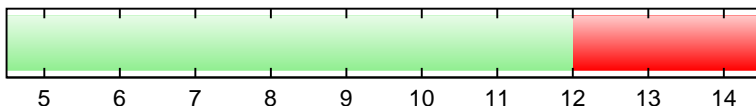


Body Water (%)

51.7

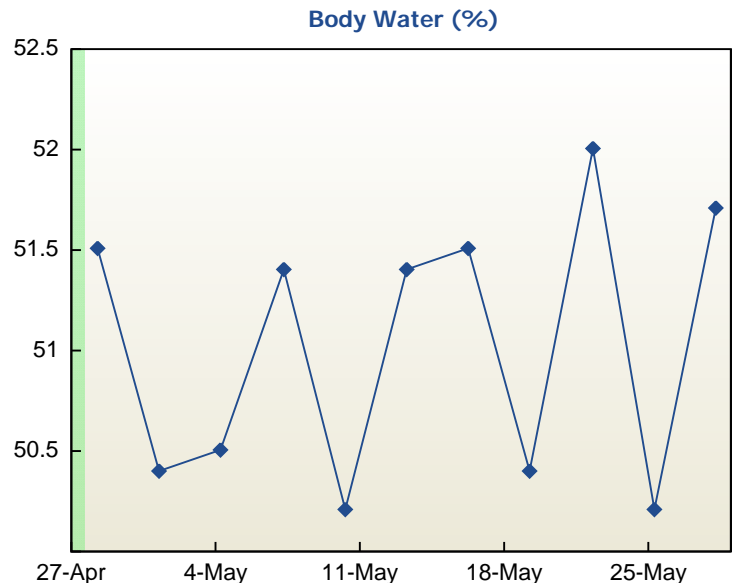
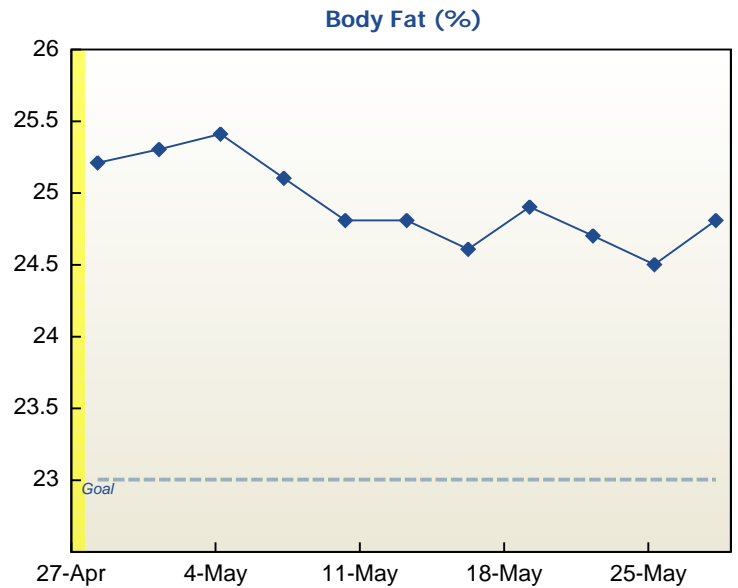


Visceral Fat Rating

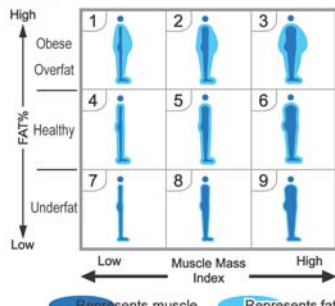


Analysis for 51 year old Male

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)	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)