

Name John Smith

Age/Gender 48 Male

Date & Time 8/24/2009 8:00 AM

Height 5-11.0 ft-in

Analyzer Tanita BC-418

## Results

Weight 199.6 lb

Body Fat % 27.7 %

Visceral Fat Rating 9

Body Water % 51.9 %

Comments Sample Data (not all data from BC-418 shown)

## Segmental Data

Right Leg Left Leg Right Arm Left Arm Trunk

Fat 19.9 % 19.2 %

Muscle Mass 0.8 lb 0.4 lb

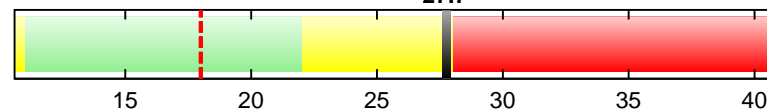
## Analysis

### Body Mass Index (BMI)



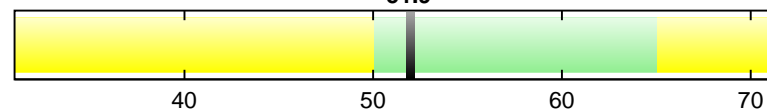
### Body Fat (%)

27.7



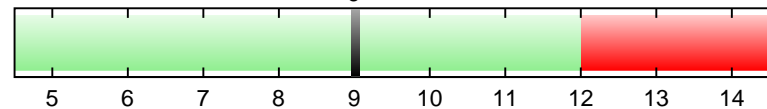
### Body Water (%)

51.9



### Visceral Fat Rating

9

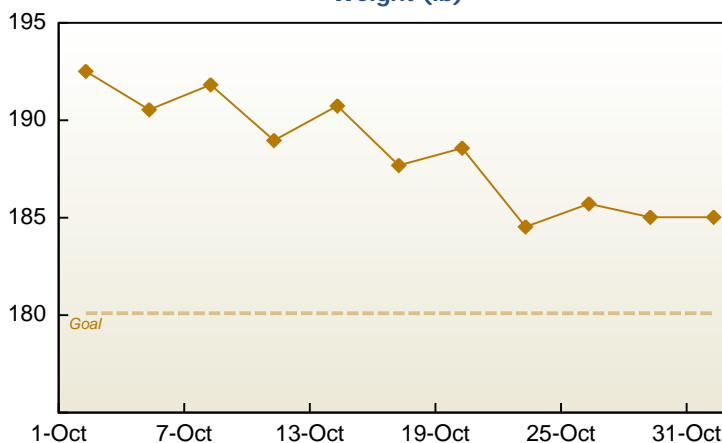


Analysis for 48 year old Male

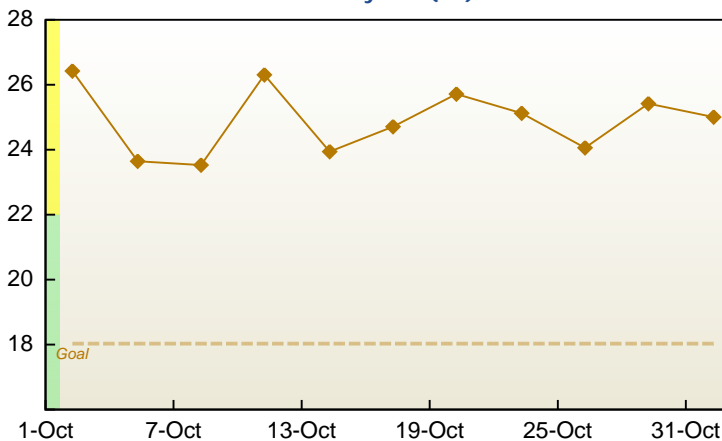
Goal

## Last 30 Days

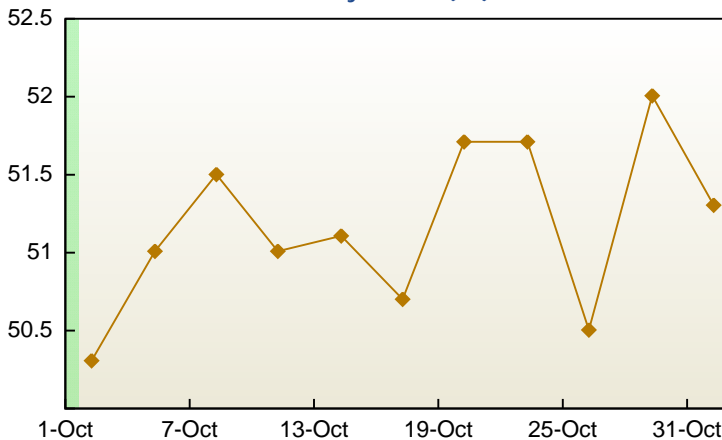
### Weight (lb)



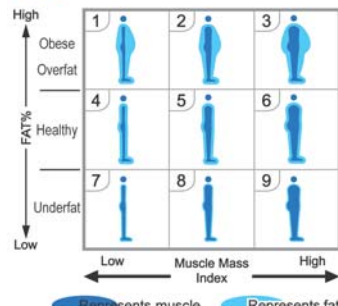
### Body Fat (%)



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