

# Measurement Comparison Matrix

Scale alone vs. Scale with Tanita Health Ware™ Software

Readings	Compatible Products	PW-630U	
		Scale	Software
<b>Standard Readings</b>			
Weight		✓	✓
BMI		✓	✓
FAT %			
FAT Mass			
Fat Free Mass (FFM)			
Muscle Mass			
Physique Rating (Body Type)			
Total Body Water Mass			
Total Body Water %			
BMR			
DCI			
Metabolic Age			
Bone Mass			
Visceral Fat Rating			
Impedance			
<b>Segmental Readings</b>			
Segmental - FAT %			
Segmental - FAT Mass			
Segmental - Fat Free Mass (FFM)			
Segmental - Muscle Mass (PMM)			
Segmental - Impedance			
<b>Data Analysis</b>			
Analysis - BMI		✓	✓
Analysis - Body Fat			
Analysis - Total Body Water %			
Analysis - Visceral Fat Level			
Analysis - BMR			
Analysis - Muscle Mass			
<b>Additional Information</b>			
Graph Function			✓
Target (Goal) Weight			✓
Target (Goal) BMI			✓
Target (Goal) Body Fat%			
Target (Goal) Water			
Ideal Body Weight			
Degree of Obesity			
BMR Score			
Muscle Score			
Printing			✓