## TANITA
### Body Composition Readings

**NAME:** __________________________  **MODEL #:** __________________________

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>Weight</th>
<th>Body Fat %</th>
<th>Body Water %</th>
<th>Muscle Mass</th>
<th>Physique Rating</th>
<th>Bone Mass</th>
<th>DCI / BMR</th>
<th>Metabolic Age</th>
<th>Visceral Fat</th>
</tr>
</thead>
</table>

**Healthy Body Fat % Range**

- Age 18 – 39:
  - Under: 10%  20%  30%  40%
  - Healthy: 10%  20%  30%  40%
  - Overfat: 10%  20%  30%  40%
  - Obese: 10%  20%  30%  40%

**Physique Ratings**

- Low: 1  2  3
- Muscle Mass Index: 1  2  3
- High: 4  5  6

**Bone Mass Ranges**

- Average of estimated bone mass (lb)
- Less than 110 lb: 4.3 lb
- 110 lb - 165 lb: 5.3 lb
- 165 lb and up: 6.5 lb
- Less than 143 lb: 7.3 lb
- 143 lb - 209 lb: 8.1 lb

**Visceral Fat Rating**

- Healthy level 0: 1 - 12
- Excess level +: 13 - 59

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