

Name John Doe

Age/Gender 28 Male

Date/Time 9/8/19 4:28 PM

Height 6-2.0 ft-in

Analyzer DC-430U

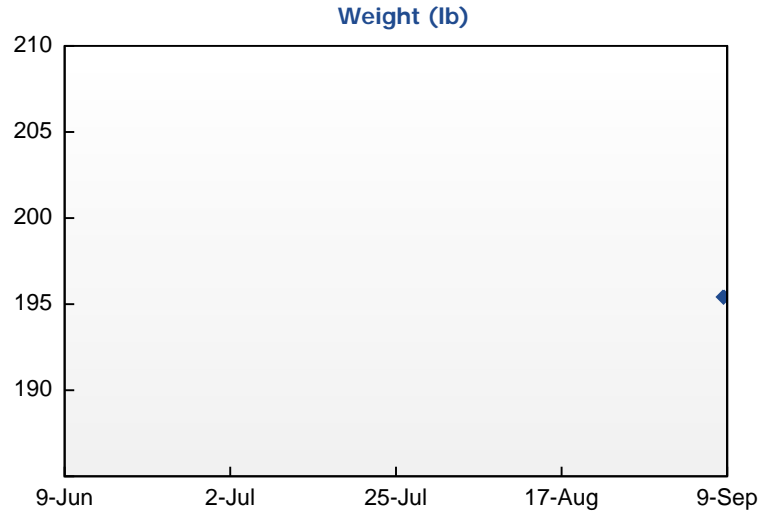
### Results

Weight	195.4 lb
Body Mass Index (BMI)	25.1
Body Fat %	25.3 %
Body Fat Mass	49.4 lb
Body Fat Range	Obese
Fat Free Mass	146.0 lb
Visceral Fat Rating	7.0
Body Water %	52.4 %
Body Water Mass	102.4 lb
Muscle Mass/Score	138.8 lb Score Average
Bone Mass	7.2 lb
Basal Metabolic Rate Score	1974 kcal Score Low
Metabolic Age	43.0 yrs
Daily Calorie Intake	3060 kcal
Physique Rating	2-Obese

### Desirable

Weight	144.2 - 194.0 lb
Body Fat %	8.0 - 19.9 %
Body Fat Mass	12.6 - 36.2 lb
Body Mass Index (BMI)	18.5 - 24.9

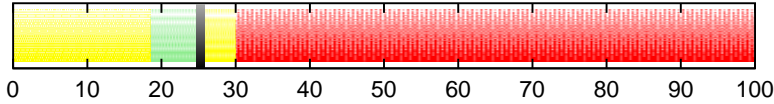
### Last 90 Days



### Analysis

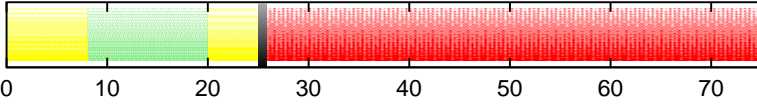
#### Body Mass Index (BMI)

25.1



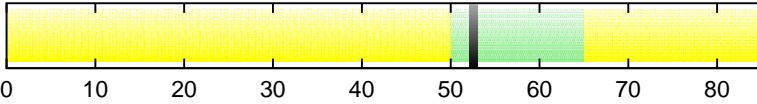
#### Body Fat (%)

25.3



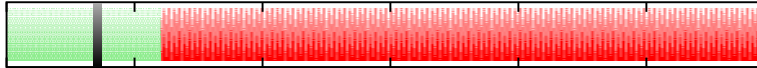
#### Body Water (%)

52.4



#### Visceral Fat Rating

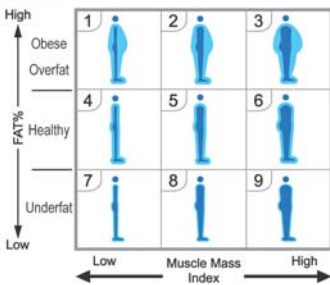
7.0



Analysis for 28 year old Male



#### 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)
	4.3 lb (1.95 kg)	5.3 lb (2.40 kg)
	5.9 lb (2.66 kg)	7.3 lb (3.29 kg)
	6.5 lb (2.95 kg)	8.1 lb (3.69 kg)

