

Name John Smith

Age/Gender 52 Male

Date & Time 1/7/2012 8:00 AM

Height 5-11.0 ft-in

Analyzer Tanita BC-418

Results

Weight	202.6 lb
Body Mass Index (BMI)	28.3
Body Fat %	27.4 %
Body Fat Mass	55.6 lb
Body Fat Range	Overfat
Fat Free Mass	147.0 lb
Visceral Fat Rating	10
Body Water %	51.3 %
Body Water Mass	103.8 lb

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

Segmental Data

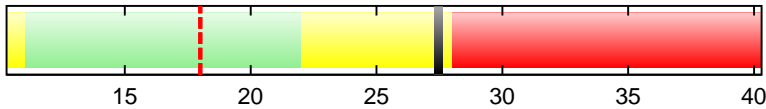
	Right Leg	Left Leg	Right Arm	Left Arm	Trunk
Fat			19.0 %	19.0 %	
Muscle Mass			0.2 lb	0.6 lb	

Analysis

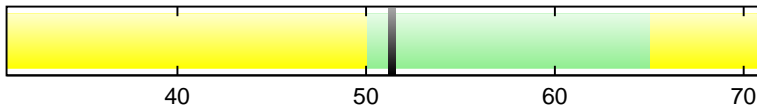
Body Mass Index (BMI)
28.3



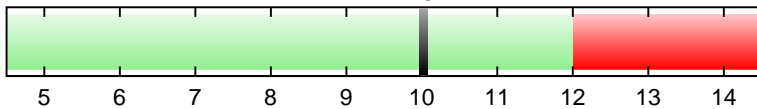
Body Fat (%)
27.4



Body Water (%)
51.3



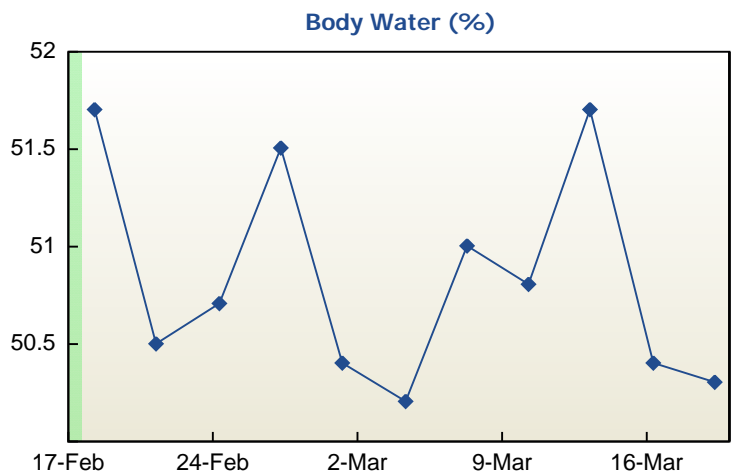
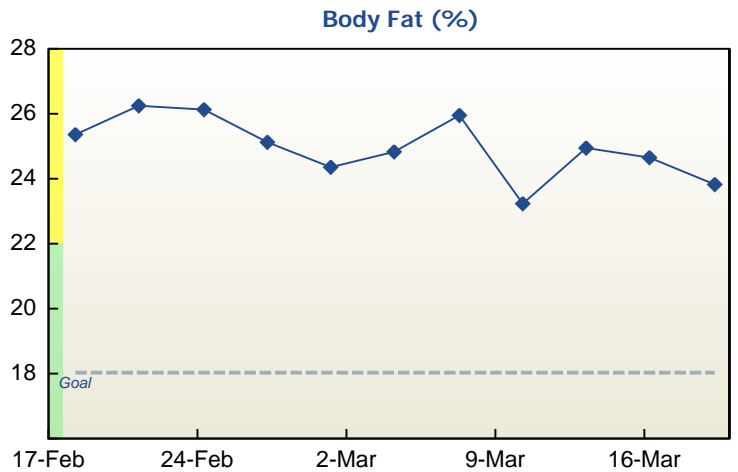
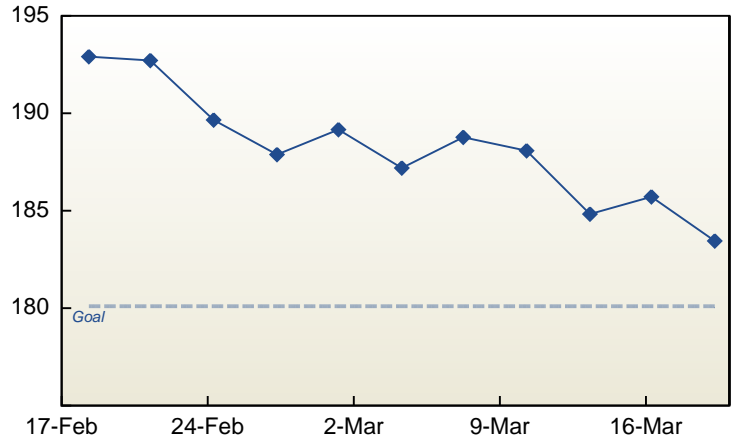
Visceral Fat Rating
10



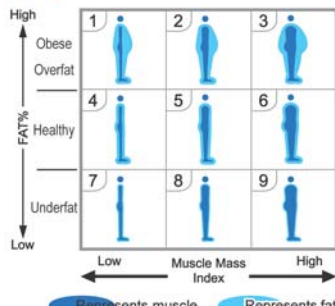
Analysis for 52 year old Male

Goal

Last 30 Days



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)
		8.1 lb (3.69 kg)