

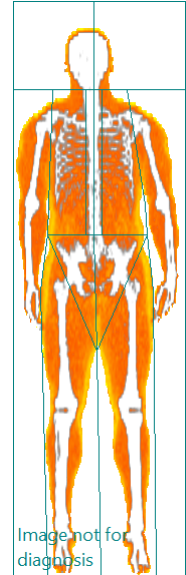
Name:
Sex: Male

Birth Date:
Measured: 10/27/2025

Height: 71.0 in.
Profile Weight: 195.0 lbs.

COMPOSITION ANALYSIS

TOTAL MASS	FAT MASS
193.5 lbs	31.3 lbs
LEAN MASS	BODY FAT %
154.3 lbs	16.9 %



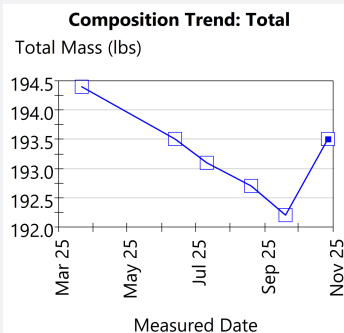
REGION ANALYSIS

Region	Body fat %	Total mass	Fat mass	Lean mass	BMC
Arms	16.4 %	29.0 lbs	4.5 lbs	23.1 lbs	1.3 lbs
Legs	17.3 %	66.4 lbs	11.0 lbs	52.6 lbs	2.8 lbs
Trunk	16.3 %	87.4 lbs	13.8 lbs	71.1 lbs	2.4 lbs
Android	16.0 %	13.1 lbs	2.1 lbs	10.9 lbs	0.1 lbs
Gynoid	17.0 %	32.4 lbs	5.4 lbs	26.2 lbs	0.8 lbs
Total	16.9 %	193.5 lbs	31.3 lbs	154.3 lbs	7.9 lbs

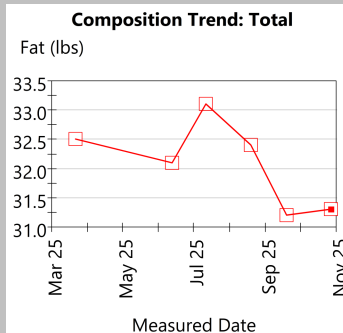
BODY COMPOSITION TREND

Measured Date	Change vs.			Change vs.			Change vs.				
	Total Mass (lbs)	Baseline (lbs)	Previous (lbs)	Fat Mass (lbs)	Baseline (lbs)	Previous (lbs)	Lean Mass (lbs)	Baseline (lbs)	Previous (lbs)	Body Fat % (%)	Previous (%)
10/27/2025	193.5	-0.9	1.3	31.3	-1.2	0.1	154.3	0.2	1.1	16.9	1.1
09/19/2025	192.2	-2.2	-0.5	31.2	-1.3	-1.2	153.2	-0.9	0.8	16.9	0.8
08/19/2025	192.7	-1.7	-0.4	32.4	-0.1	-0.7	152.4	-1.7	0.3	17.6	0.3
07/11/2025	193.1	-1.3	-0.4	33.1	0.6	1.0	152.1	-2.0	-1.4	17.9	-1.4
06/12/2025	193.5	-0.9	-0.9	32.1	-0.4	-0.4	153.5	-0.6	-0.6	17.3	-0.6
03/21/2025	194.4	baseline	-	32.5	baseline	-	154.1	baseline	-	17.4	-

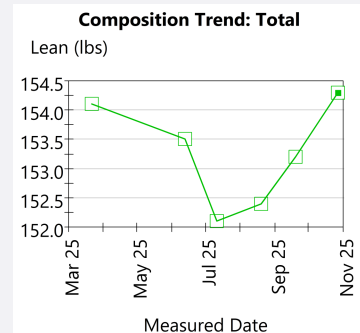
TOTAL MASS



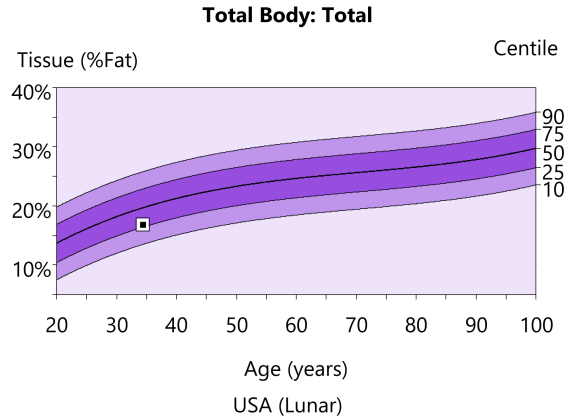
FAT MASS



LEAN MASS



BODY COMPOSITION REFERENCE



Your body fat %: **16.9 %**

This image displays Total Body Fat % compared to a US reference population. The bold black line represents the population median, the square represents your result. There are no standard recommendations for Body Fat %.

Standardized Body Fat Composition Guide

MEN		AGE					
Percentile	18-24	25-29	30-39	40-49	50-59	60-64	65+
10th	12.8%	13.8%	14.0%	14.6%	15.3%	15.9%	16.6%
25th	16.0%	17.2%	17.9%	18.9%	19.6%	20.3%	21.3%
50th	20.4%	22.1%	23.3%	24.2%	24.8%	25.6%	26.6%
75th	26.0%	27.4%	28.7%	29.3%	29.8%	30.8%	31.6%
90th	31.7%	32.4%	33.5%	34.0%	34.3%	35.0%	35.7%

WOMEN		AGE					
Percentile	18-24	25-29	30-39	40-49	50-59	60-64	65+
10th	21.8%	22.2%	21.6%	21.6%	22.7%	23.9%	25.7%
25th	25.9%	26.0%	26.1%	26.5%	28.0%	29.6%	30.6%
50th	30.5%	30.7%	31.3%	32.5%	34.0%	35.7%	36.2%
75th	35.6%	36.1%	37.2%	38.4%	39.9%	41.1%	41.9%
90th	41.1%	41.5%	42.7%	43.7%	45.0%	45.7%	46.7%

Very low (body builders) Men: <10% Women: <14%	Low (athletes) Men: 10-17% Women: 14-20%	Average (healthy) Men: 18-24% Women: 21-30%	High (increased risk) Men: 25-30% Women: 31-38%	Very high (high risk) Men: >30% Women: >38%
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* Categories based on American Council on Exercise (2003) ACE Personal Trainer Manual, 3rd Ed., Ch. 6, Pg. 188

** Data based on 450,000 DEXA scans collected through May 2025

RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Your RSMI: **10.56 kg/m²**

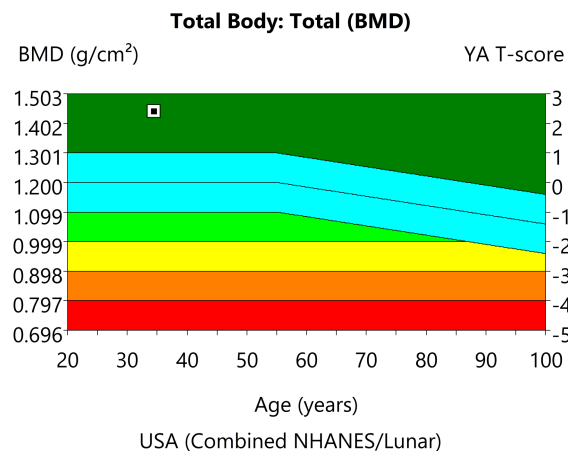
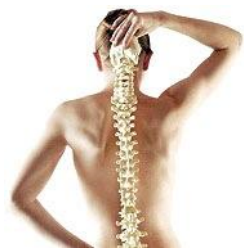
RSMI represents the relative amount of muscle in the arms and legs relative to your size.

Higher muscle mass is highly correlated with health and longevity outcomes that impact quality of life factors.

Women	Men	Classification
> 9.0	> 11.0	Athlete
8.0-9.0	10.0-11.0	Fitness
7.0-8.0	9.0-10.0	Health Normal
5.45-7.0	7.26-9.0	Low Muscle Mass
<5.45	<7.26	Sarcopenia

* based on Baumgartner equation

BONE HEALTH

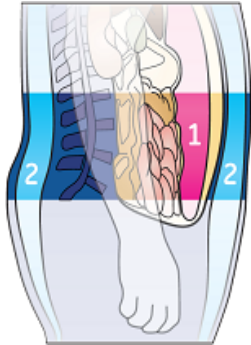


Age	BMD (g/cm ²)	T-score	Z-score	Centile
34.4	1.443	2.4	2.4	99

A bone densitometry test helps your physician to diagnose osteoporosis. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score.

METABOLIC PROFILE

VISCERAL ADIPOSE TISSUE (VAT)



Adipose Tissue

1 Visceral
2 Subcutaneous

Visceral Adipose Tissue (VAT) is a specific type of fat associated with several types of metabolic diseases such as obesity, metabolic syndrome, type 2 diabetes, strokes, and Alzheimer's.

Low risk	< 1 lb
Moderate risk	1 - 2.5 lbs
High risk	> 2.5 lbs

**note: Visceral fat is not calculated under age 18 or above a BMI of 40.*

Fat Mass

lbs

0.00 lbs

Fat Volume

in³

0.12 in³

Fat Mass to Fat Volume Conversion

0.94 g of fat is equal to 1 cm³.

RESTING METABOLIC RATE (RMR)

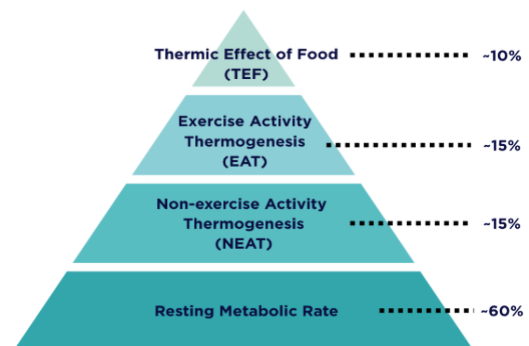
YOUR RMR: **1,863 cal/day**

**based on Mifflin-St Jeor equation*

Resting Metabolic Rate is the number of calories your body burns if it were doing nothing but rest. It represents the minimum amount of energy your body needs to maintain body temperature, heartbeat, and respiratory rate.

This calculation includes the lean mass value from your scan, making it more accurate than a generic calculator.

The Metabolic Pyramid



CALORIE AND MACRONUTRIENT CALCULATOR

At the fundamental level, Weight Change = Calories in - Calories Out. Calories out are represented by your Total Daily Energy Expenditure (TDEE). A good starting point for determining your TDEE is to multiply your RMR by an activity factor as listed in the table below.

CALORIE CONVERSION CALCULATOR

Activity Level	Factor	LOSE 80%	MAINTAIN 100%	GAIN 120%
Sedentary	1.2	RMR x 1.2 x 0.8	RMR x 1.2	RMR x 1.2 x 1.2
Light	1.375	RMR x 1.375 x 0.8	RMR x 1.375	RMR x 1.375 x 1.2
Moderate	1.55	RMR x 1.55 x 0.8	RMR x 1.55	RMR x 1.55 x 1.2
Very	1.725	RMR x 1.725 x 0.8	RMR x 1.725	RMR x 1.725 x 1.2

HOW TO EAT FOR YOUR GOALS

Primary Goal	Suggested Approach
Lose fat	Caloric deficit (10-20%)
Build muscle	Caloric surplus (15-20%)
Lose fat & build muscle equally	Caloric maintenance

MACRO CONVERTER

Macronutrient	Conversion	Thermic effect
Protein	4 cal/g	High
Carbohydrates	4 cal/g	Medium
Fat	9 cal/g	Low

LEAN MASS BALANCE



Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Arms Composition	Both Arms	Right Arm	Left Arm	Total Arm Difference
Lean Mass	23.1 lbs	11.9 lbs	11.2 lbs	0.8 lbs
Fat Mass	4.5 lbs	2.2 lbs	2.4 lbs	-0.2 lbs
Bone Mineral Content	1.3 lbs	0.7 lbs	0.6 lbs	0.0 lbs
Total Mass	29.0 lbs	14.8 lbs	14.2 lbs	0.6 lbs
Legs Composition	Both Legs	Right Leg	Left Leg	Total Leg Difference
Lean Mass	52.6 lbs	26.1 lbs	26.5 lbs	-0.4 lbs
Fat Mass	11.0 lbs	5.6 lbs	5.4 lbs	0.2 lbs
Bone Mineral Content	2.8 lbs	1.4 lbs	1.4 lbs	0.0 lbs
Total Mass	66.4 lbs	33.1 lbs	33.3 lbs	-0.2 lbs
Trunk Composition	Both Trunks	Right Trunk	Left Trunk	Total Trunk Difference
Lean Mass	71.1 lbs	34.2 lbs	36.9 lbs	-2.7 lbs
Fat Mass	13.8 lbs	7.2 lbs	6.6 lbs	0.6 lbs
Bone Mineral Content	2.4 lbs	1.2 lbs	1.2 lbs	0.0 lbs
Total Mass	87.4 lbs	42.7 lbs	44.7 lbs	-2.0 lbs
Total Composition	Total Body	Right Total	Left Total	Total Body Difference
Lean Mass	154.3 lbs	77.1 lbs	77.2 lbs	0.0 lbs
Fat Mass	31.3 lbs	16.3 lbs	15.0 lbs	1.2 lbs
Bone Mineral Content	7.9 lbs	4.2 lbs	3.7 lbs	0.4 lbs
Total Mass	193.5 lbs	97.6 lbs	96.0 lbs	1.6 lbs

REGION COMPOSITION TRENDS

Measured Date	ARMS		TRUNK			LEGS	
	Arms Fat (lbs)	Arms Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	VAT Mass (lbs)	Legs Fat (lbs)	Legs Lean (lbs)
10/27/2025	4.5	23.1	13.8	71.1	0.00	11.0	52.6
09/19/2025	4.2	22.7	14.8	70.8	0.33	10.3	52.4
08/19/2025	4.2	21.5	15.3	70.5	0.36	11.0	52.9
07/11/2025	3.9	22.0	16.2	69.6	0.00	11.1	53.3
06/12/2025	4.1	22.5	15.3	69.6	0.38	10.8	53.9
03/21/2025	4.2	23.1	14.6	71.9	0.19	11.8	51.8