

Scan History

Recap of your scans

# of Scans to date	2
Before/After	148 days
Net Loss/Gain	Lost 33.3 in (-9.0%)

█ First Scan
May 11

Circumference Summary

These are the biggest areas of change

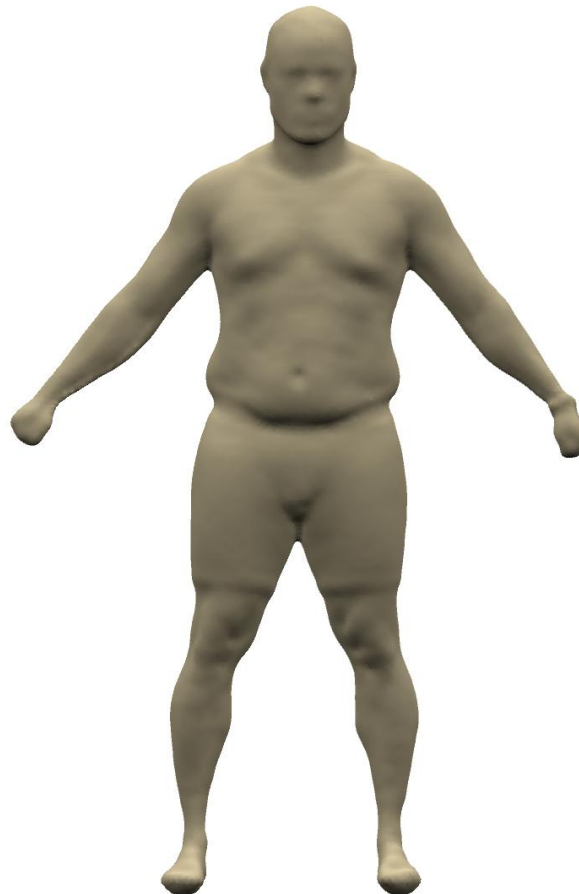
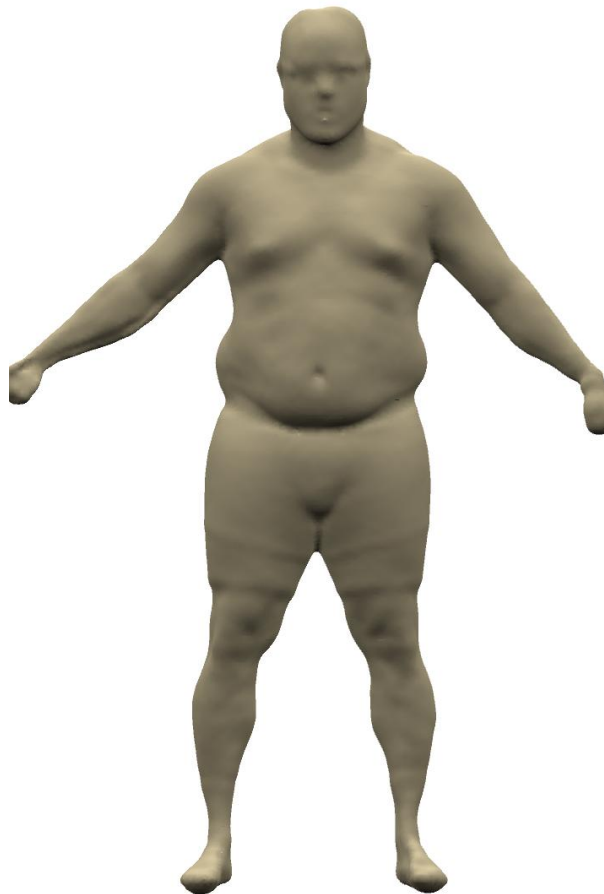
Torso	Lost 24.8 in (-9.7%)
Neck & Arms	Lost 1.5 in (-3.6%)
Legs	Lost 7.0 in (-9.9%)

█ Last Scan
Oct 5

Composition Summary

Your body composition progress

Total Weight	Lost 41.0 lbs (-17.7%)
Body Fat %	Lost 3.1% (-9.7%)
Lean Mass %	Gained 2.8% (4.3%)

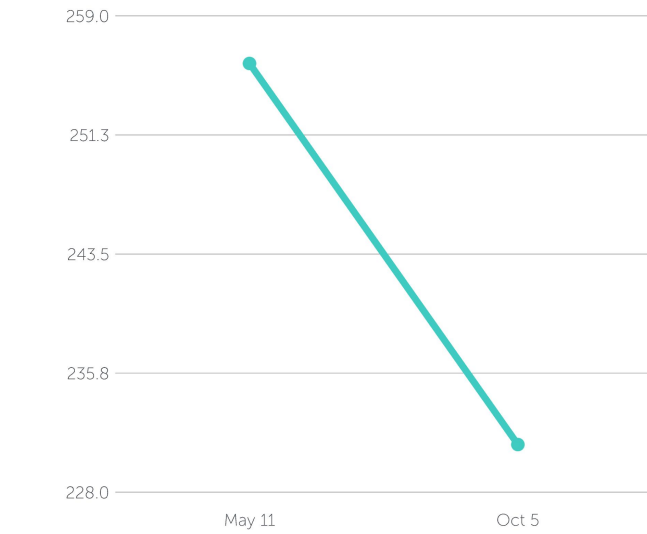


CIRCUMFERENCES - MEASUREMENTS

EXAMPLE MALE

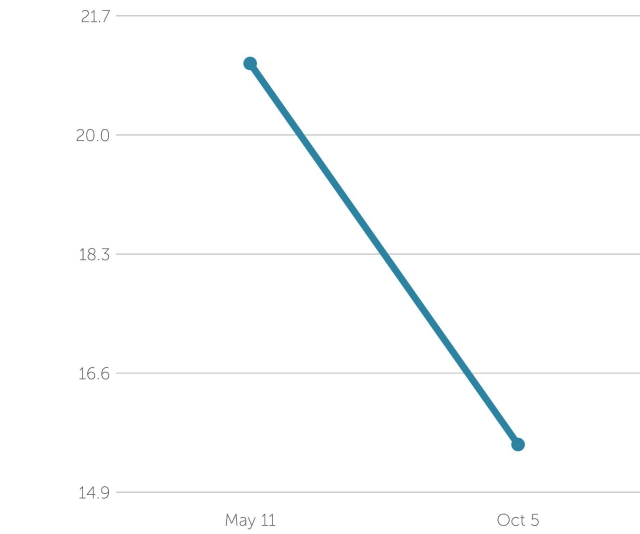
Circumference (Torso Only)

	Net	%
Total Circumference	-24.8 inches	9.7% Loss



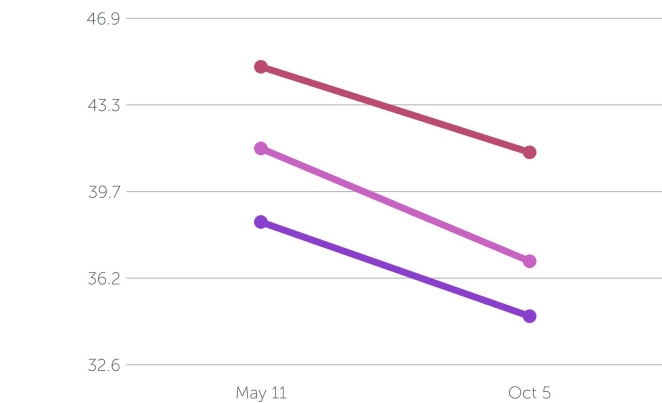
Volume (Torso Only)

	Net	%
Total Volume	-5.5 gal	25.9% Loss



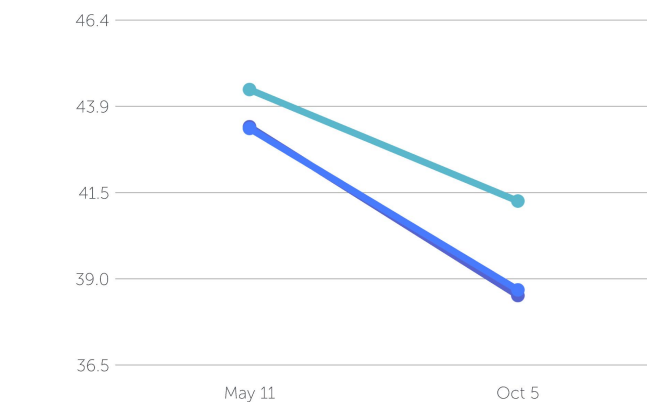
Upper Torso

	Net	%
Chest	-3.5 inches	7.9% Loss
Waist (Narrowest)	-3.9 inches	10.1% Loss
Waist (Abdominal)	-4.7 inches	11.2% Loss



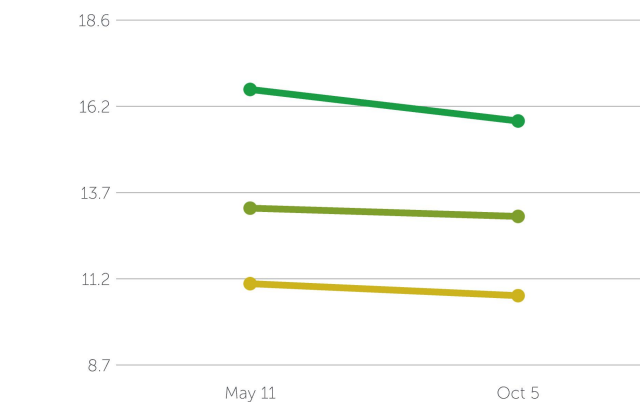
Lower Torso

	Net	%
Waist (Lower)	-4.9 inches	11.2% Loss
High Hip	-4.6 inches	10.7% Loss
Hip	-3.2 inches	7.2% Loss



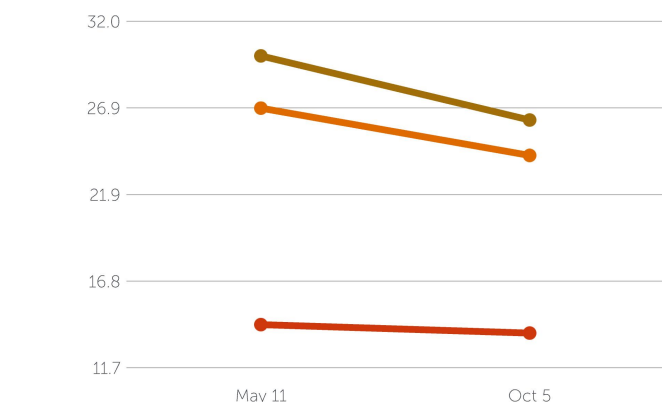
Neck & Arms

	Net	% Change
Neck	-0.9 inches	5.5% Loss
Bicep	-0.2 inches	1.8% Loss
Forearm	-0.3 inches	3.1% Loss



Legs

	Net	% Change
Thigh	-3.8 inches	12.5% Loss
Mid-Thigh	-2.8 inches	10.3% Loss
Calf	-0.5 inches	3.5% Loss



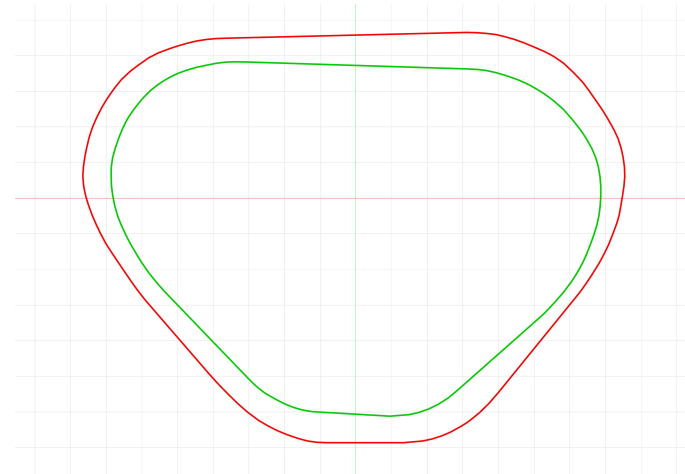
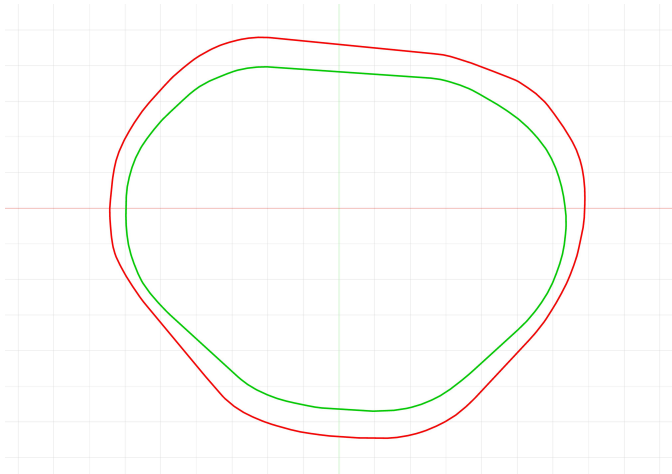
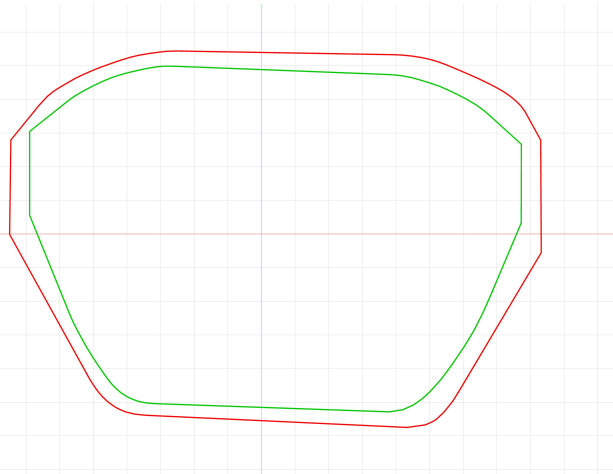
CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE MALE

	Net	%
Chest		
Chest	-3.5 inches	7.9% Loss

	Net	%
Waist (Narrowest)		
Waist (Narrowest)	-3.9 inches	10.1% Loss

	Net	%
Waist (Abdominal)		
Waist (Abdominal)	-4.7 inches	11.2% Loss



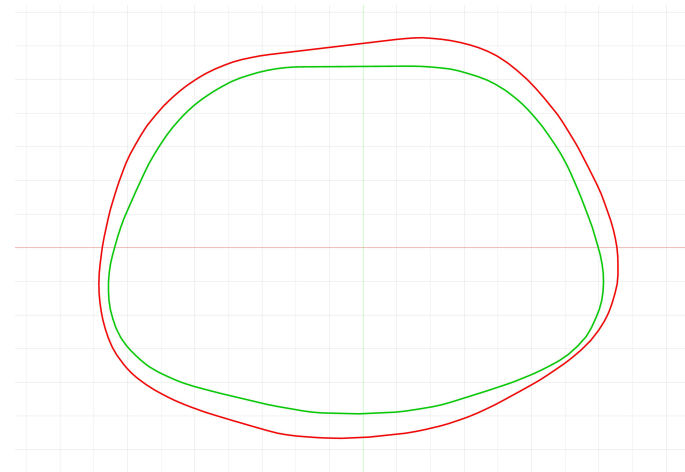
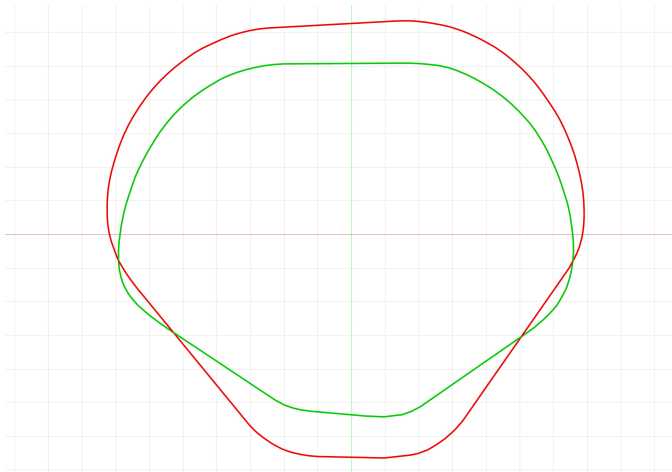
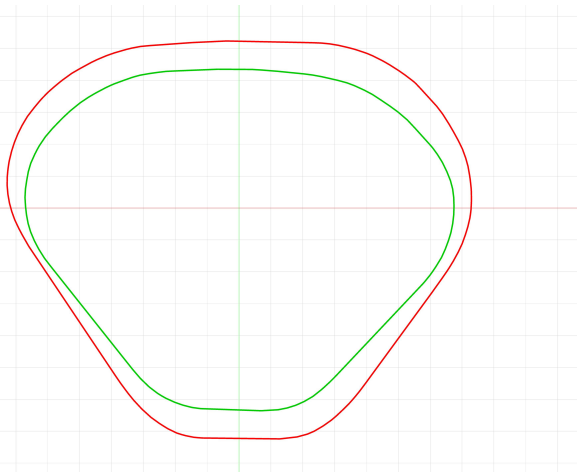
█ First Scan
 May 11, 2016

 █ Last Scan
 Oct 5, 2016

	Net	%
Waist (Lower)		
Waist (Lower)	-4.9 inches	11.2% Loss

	Net	%
High Hip		
High Hip	-4.6 inches	10.7% Loss

	Net	%
Hip		
Hip	-3.2 inches	7.2% Loss



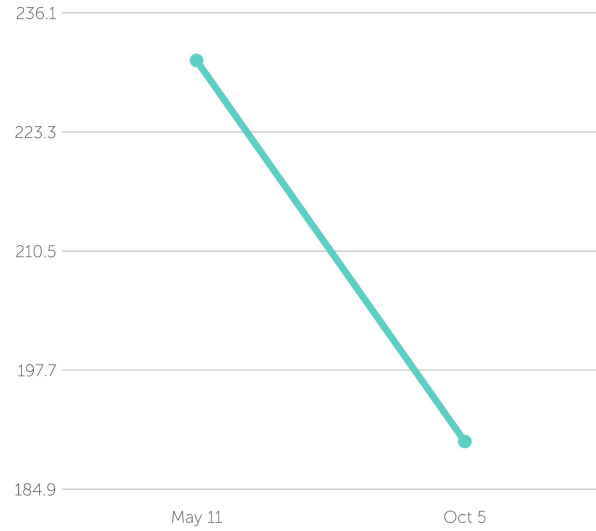
BODY COMPOSITION - FAT AND LEAN MASS

EXAMPLE MALE

Total Weight

Net *%*

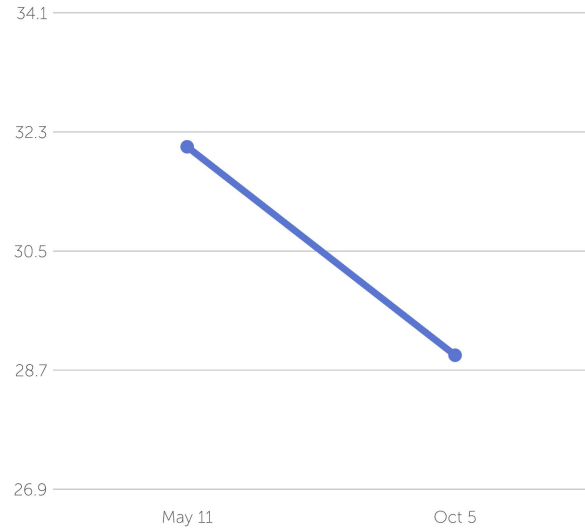
Total Weight	-41.0 lbs	17.7% Loss
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Body Fat %

Net *%*

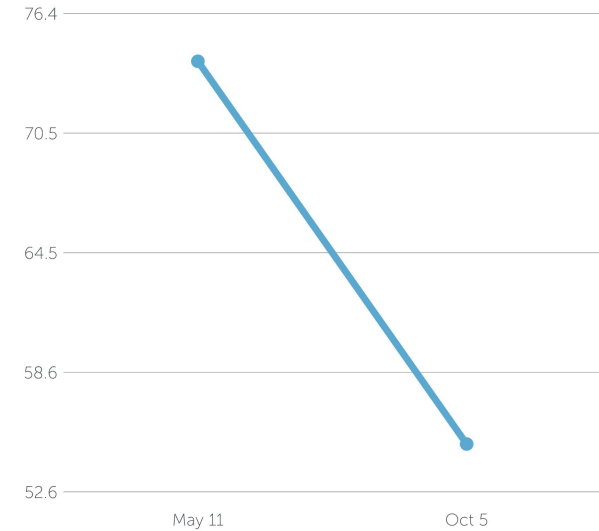
Body Fat %	-3.1 %	9.7% Loss
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Fat Mass

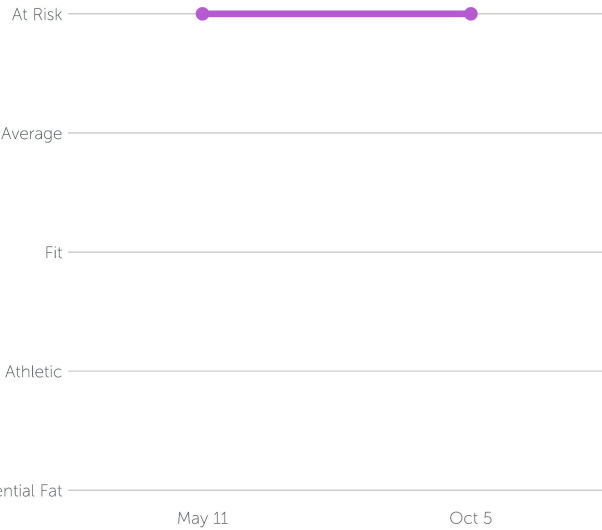
Net *%*

Fat Mass	-19.1 lbs	25.7% Loss
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Body Fat Ranking

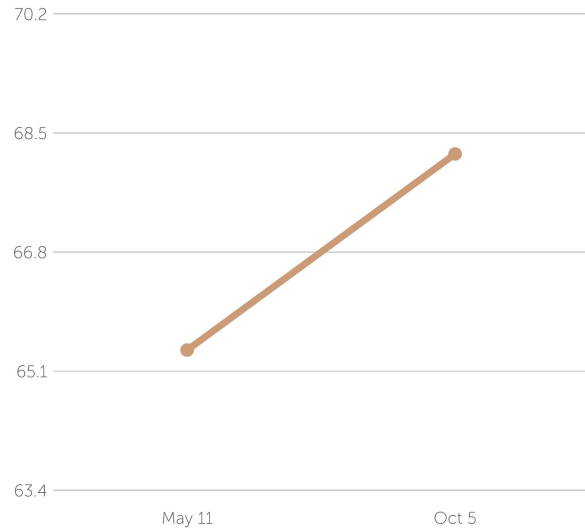
Body Fat Ranking



Lean Mass %

Net *%*

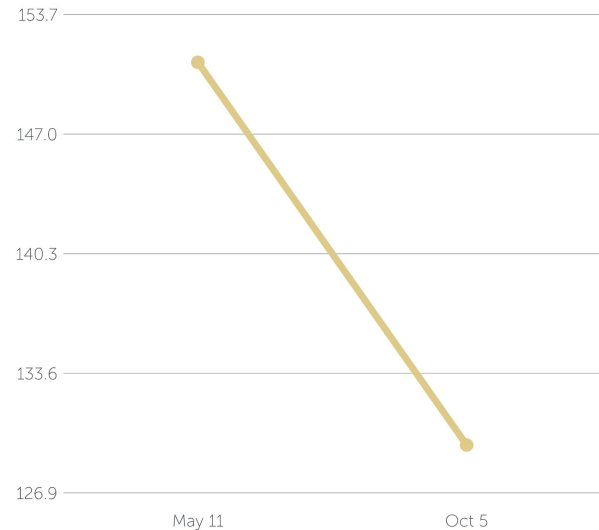
Lean Mass %	2.8 %	4.3% Gain
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Lean Mass

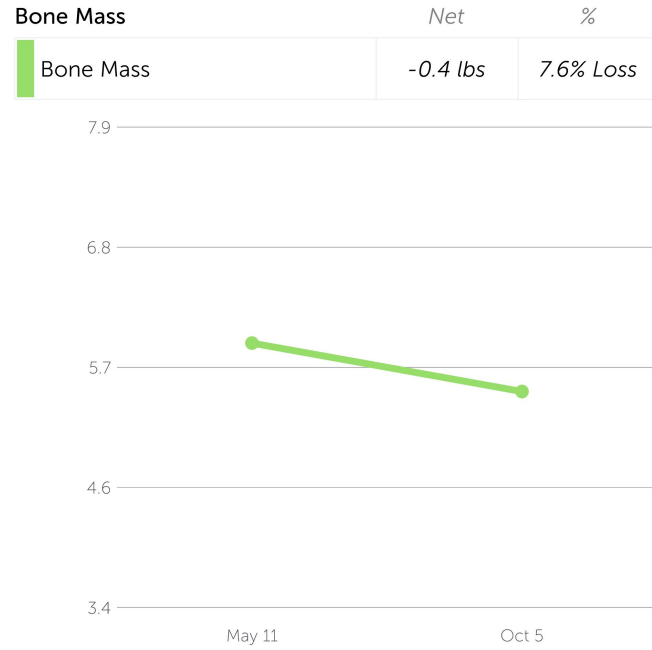
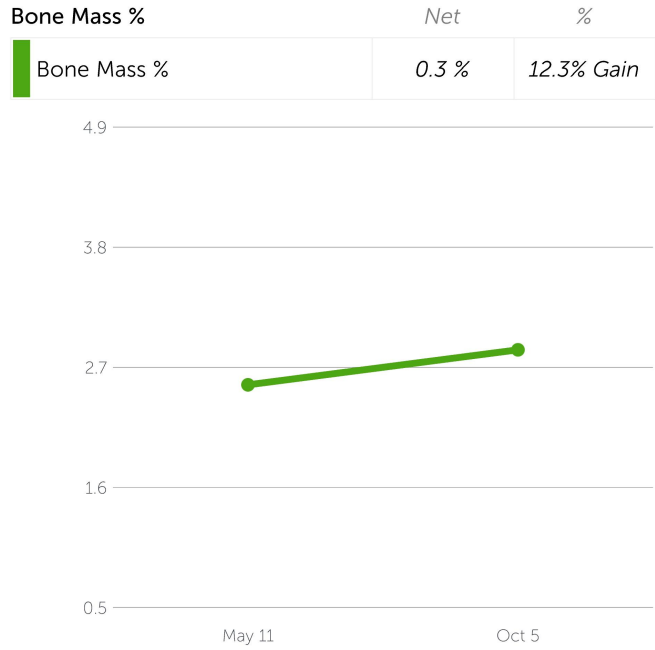
Net *%*

Lean Mass	-21.5 lbs	14.2% Loss
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BODY COMPOSITION - MINERAL CONTENT

EXAMPLE MALE



LEGEND

Bone Mass %

Bone Mass % is the percentage of bone mineral as compared to your total body weight. On average, adults have a bone mineral content of 3-5% of their total body weight. As you age, this can decrease and bone loss can occur, which can be detrimental to your health.

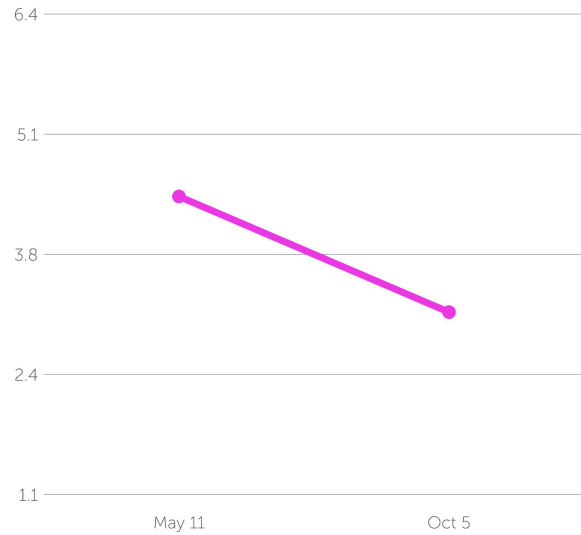
Bone Mass

Bone Mass is the amount of bone mineral in your body.

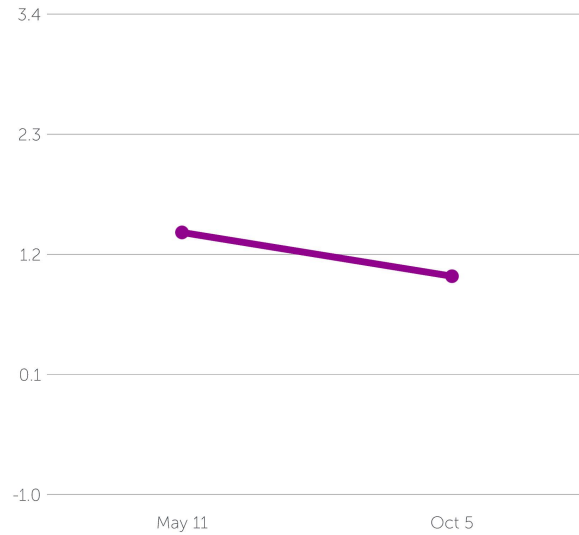
BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

EXAMPLE MALE

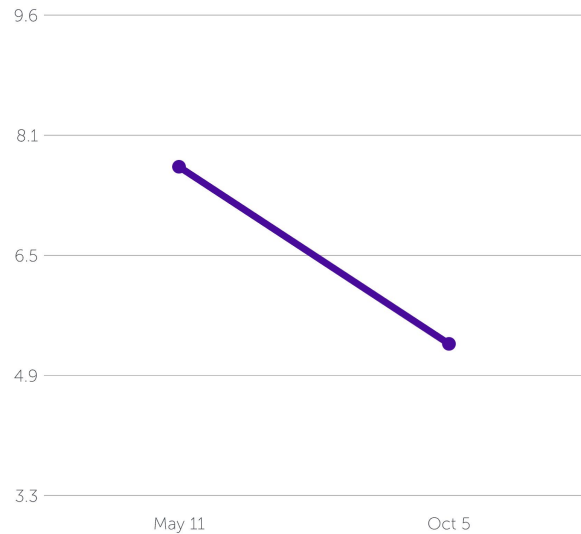
Subcutaneous Fat	Net	%
Subcutaneous Fat	-1.3 lbs	28.8% Loss



Visceral Fat	Net	%
Visceral Fat	-0.4 lbs	28.7% Loss



Android Fat Mass	Net	%
Android Fat Mass	-2.3 lbs	30.6% Loss



Gynoid Fat Mass	Net	%
Gynoid Fat Mass	-4.0 lbs	20.7% Loss



LEGEND

Subcutaneous Fat

SAT Fat Mass is the amount of Subcutaneous Adipose Tissue (SAT) in your abdomen or belly. SAT is the fat carried just under your skin. Most of the fat in your body is SAT, and this type of fat has the biggest impact on your body's size and shape.

Visceral Fat

VAT Fat Mass is the amount of Visceral Adipose Tissue (VAT) in your abdomen or belly. VAT is the fat surrounding your internal organs, including your heart, liver and lungs. While some VAT is necessary, a high amount is associate with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

Android Fat Mass

Android Fat Mass refers to fat stored around the upper body, in the belly and waist. This region is where men typically carry the most fat.

Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.

May 11

Oct 5

