

Scan History

Recap of your scans

# of Scans to date	4
Before/After	195 days
Net Loss/Gain	Lost 24.6 in (-6.5%)

Circumference Summary

These are the biggest areas of change

Torso	Lost 18.5 in (-6.9%)
Neck & Arms	Lost 2.1 in (-5.9%)
Legs	Lost 3.9 in (-5.3%)

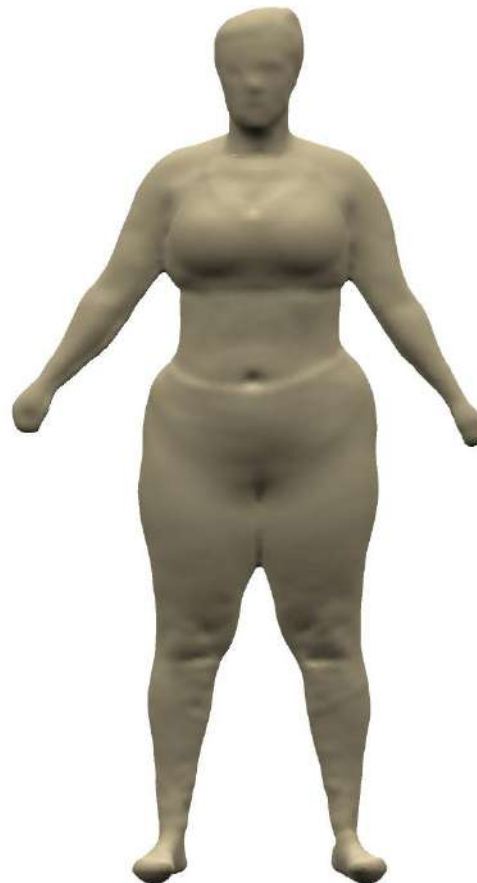
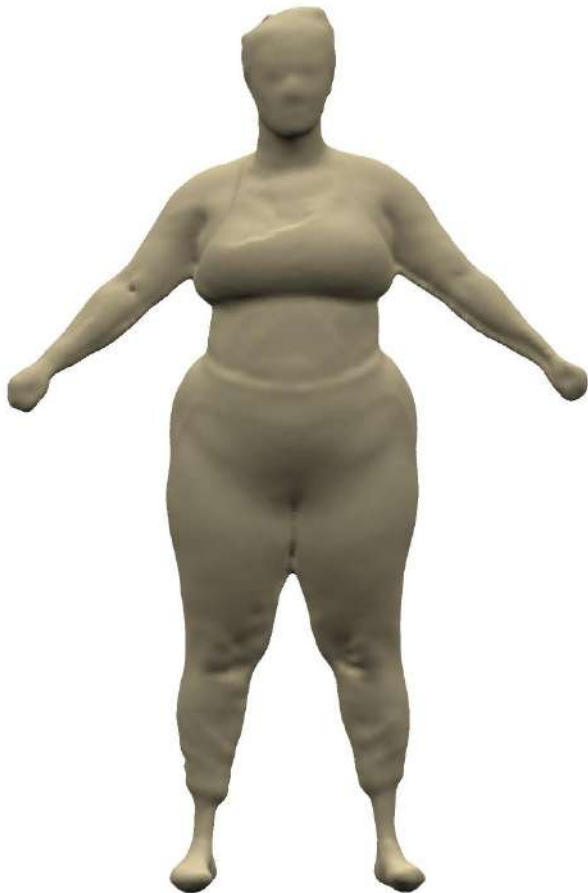
Composition Summary

Your body composition progress

Total Weight	Lost 18.0 lbs (-8.3%)
Body Fat %	Lost 3.2% (-7.0%)
Lean Mass %	Gained 3.0% (5.9%)

█ First Scan
May 5

█ Last Scan
Nov 16

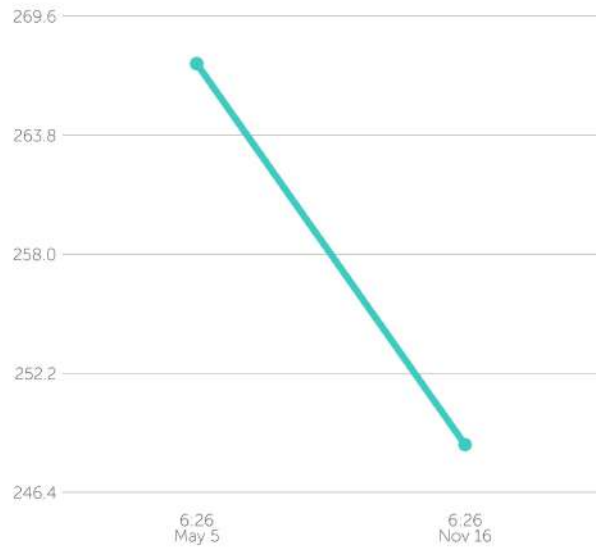


CIRCUMFERENCES - MEASUREMENTS

EXAMPLE FEMALE

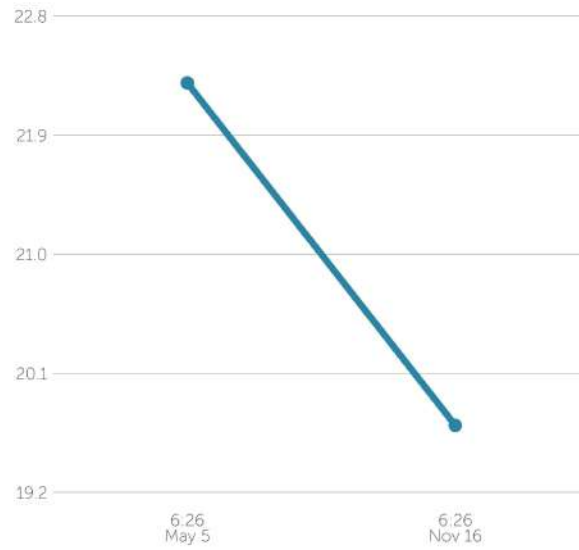
Circumference (Torso Only)

	Net	%
Total Circumference	-18.5 inches	6.9% Loss



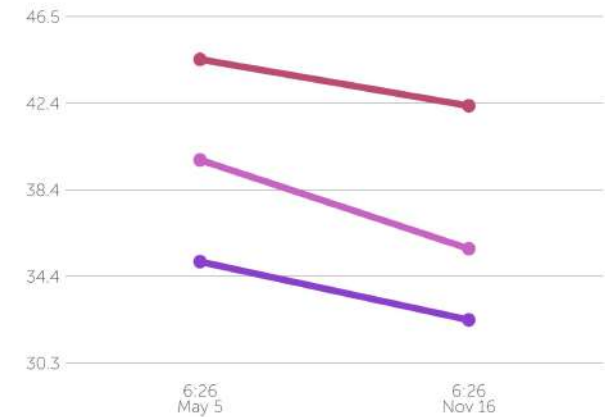
Volume (Torso Only)

	Net	%
Total Volume	-2.6 gal	11.5% Loss



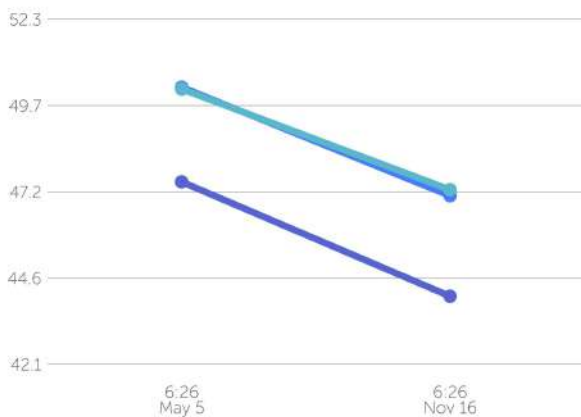
Upper Torso

	Net	%
Chest	-2.2 inches	4.9% Loss
Waist (Narrowest)	-2.7 inches	7.7% Loss
Waist (Abdominal)	-4.1 inches	10.4% Loss



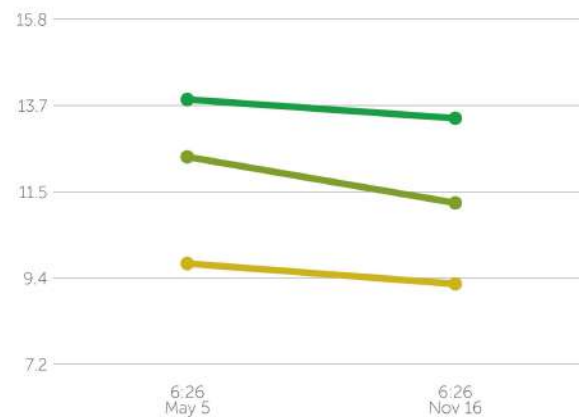
Lower Torso

	Net	%
Waist (Lower)	-3.4 inches	7.1% Loss
High Hip	-3.2 inches	6.4% Loss
Hip	-3.0 inches	5.9% Loss



Neck & Arms

	Net	% Change
Neck	-0.5 inches	3.4% Loss
Bicep	-1.1 inches	9.2% Loss
Forearm	-0.5 inches	5.2% Loss



Legs

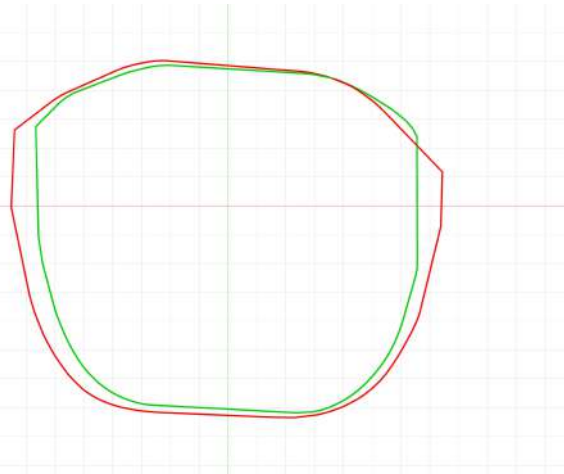
	Net	% Change
Thigh	-1.6 inches	5.1% Loss
Mid-Thigh	-1.6 inches	5.6% Loss
Calf	-0.7 inches	5.0% Loss



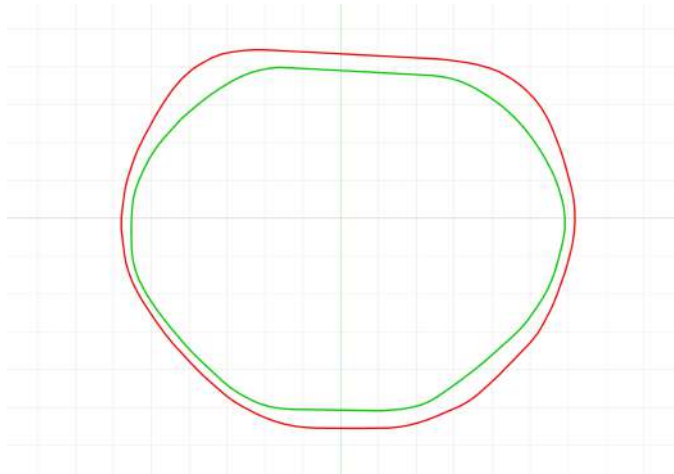
CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE FEMALE

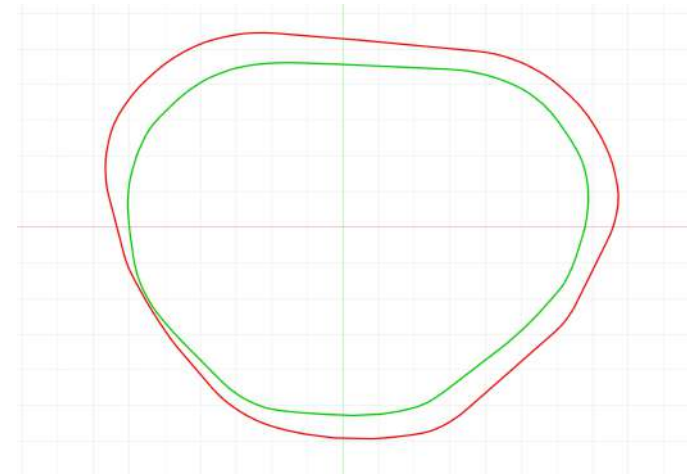
	Net	%
Chest		
Chest	-2.2 inches	4.9% Loss



	Net	%
Waist (Narrowest)		
Waist (Narrowest)	-2.7 inches	7.7% Loss

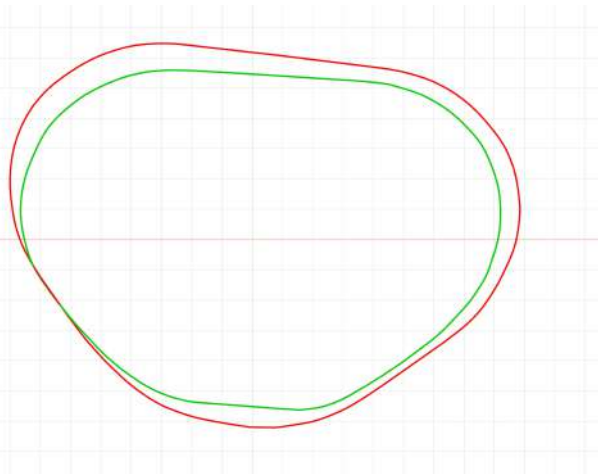


	Net	%
Waist (Abdominal)		
Waist (Abdominal)	-4.1 inches	10.4% Loss

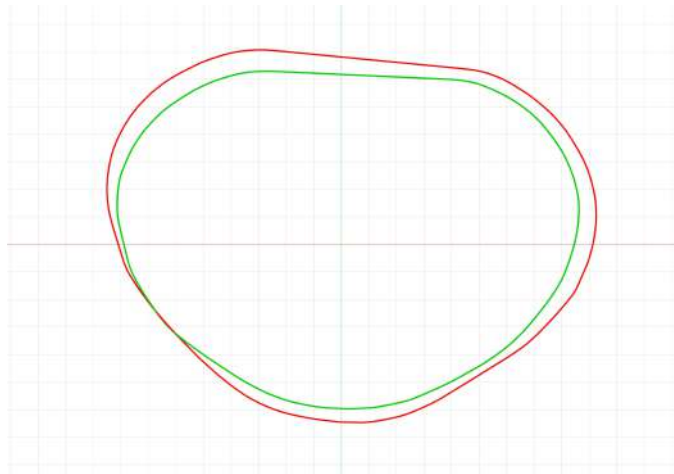


█ First Scan
 6:26 May 5, 2016
 █ Last Scan
 6:26 Nov 16, 2016

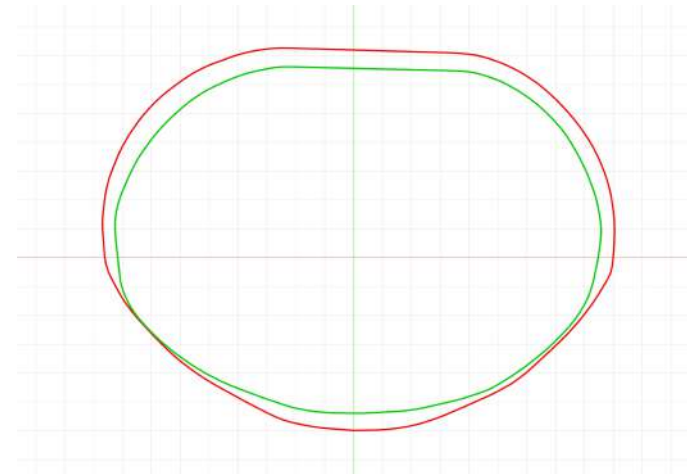
	Net	%
Waist (Lower)		
Waist (Lower)	-3.4 inches	7.1% Loss



	Net	%
High Hip		
High Hip	-3.2 inches	6.4% Loss



	Net	%
Hip		
Hip	-3.0 inches	5.9% Loss

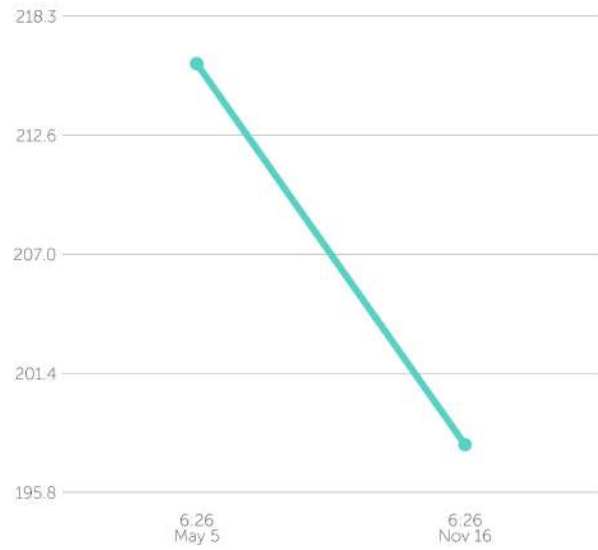


BODY COMPOSITION - FAT AND LEAN MASS

EXAMPLE FEMALE

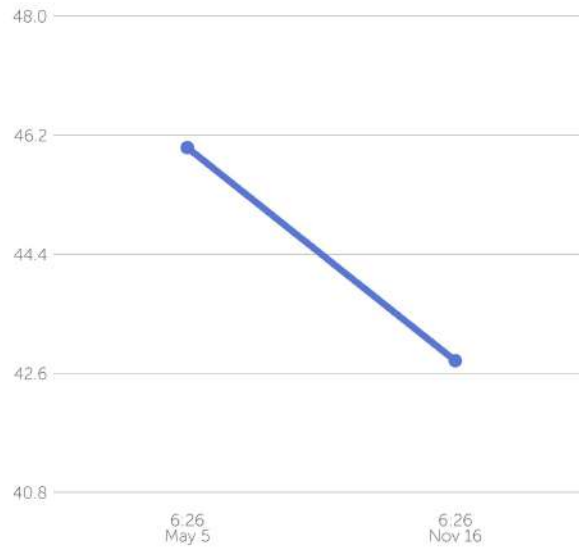
Total Weight

	Net	%
Total Weight	-18.0 lbs	8.3% Loss



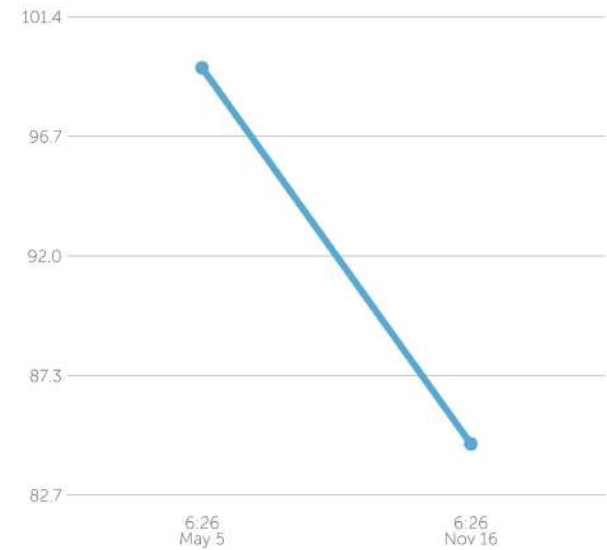
Body Fat %

	Net	%
Body Fat %	-3.2 %	7.0% Loss



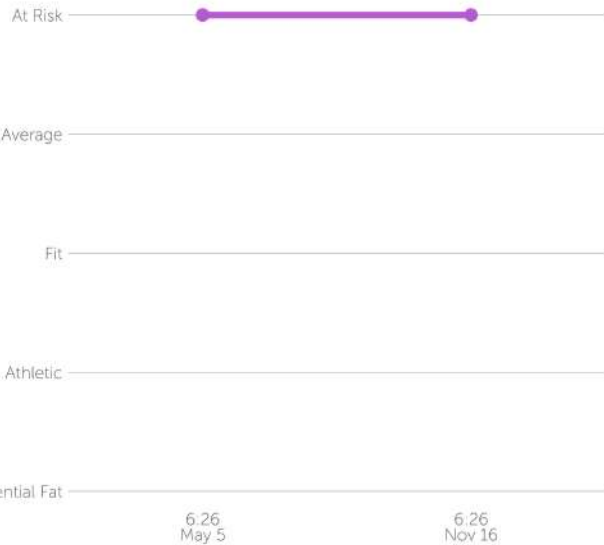
Fat Mass

	Net	%
Fat Mass	-14.7 lbs	14.8% Loss



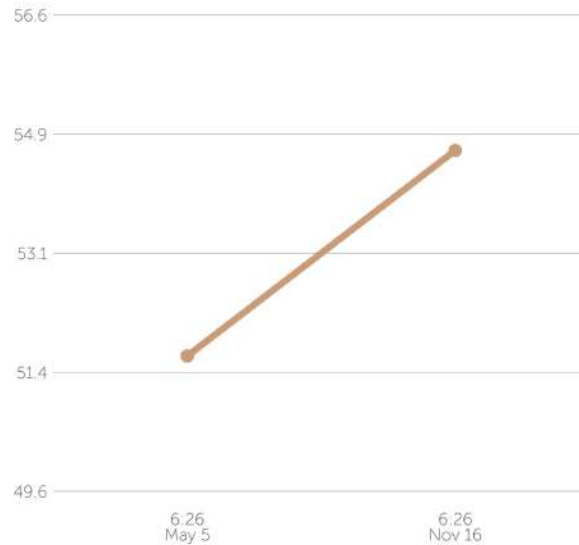
Body Fat Ranking

Body Fat Ranking



Lean Mass %

	Net	%
Lean Mass %	3.0 %	5.9% Gain



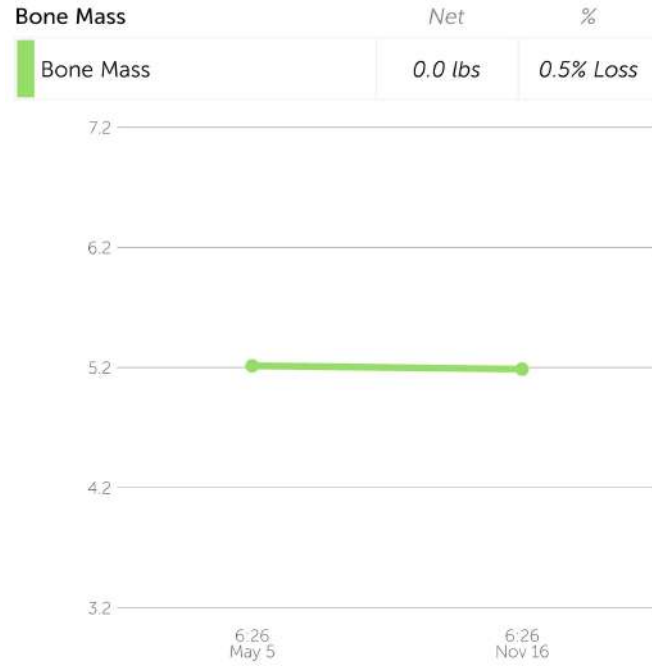
Lean Mass

	Net	%
Lean Mass	-3.3 lbs	2.9% Loss



BODY COMPOSITION - MINERAL CONTENT

EXAMPLE FEMALE



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

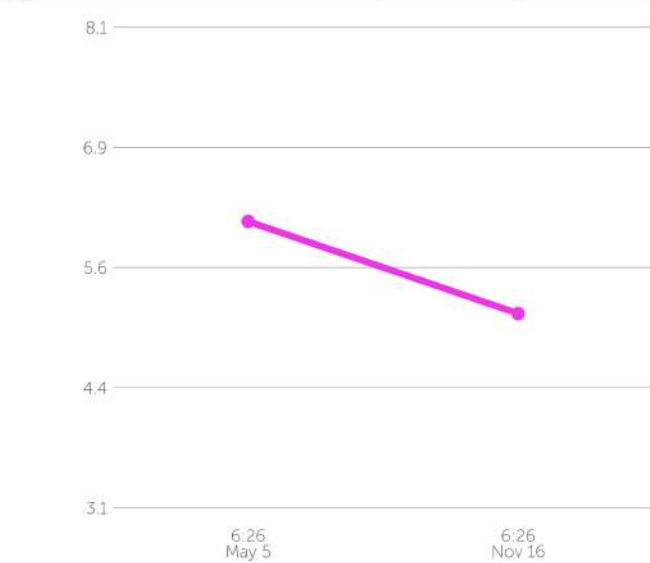
Bone Mass is the amount of bone mineral in your body.

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

EXAMPLE FEMALE

Subcutaneous Fat

	Net	%
Subcutaneous Fat	-0.9 lbs	15.6% Loss



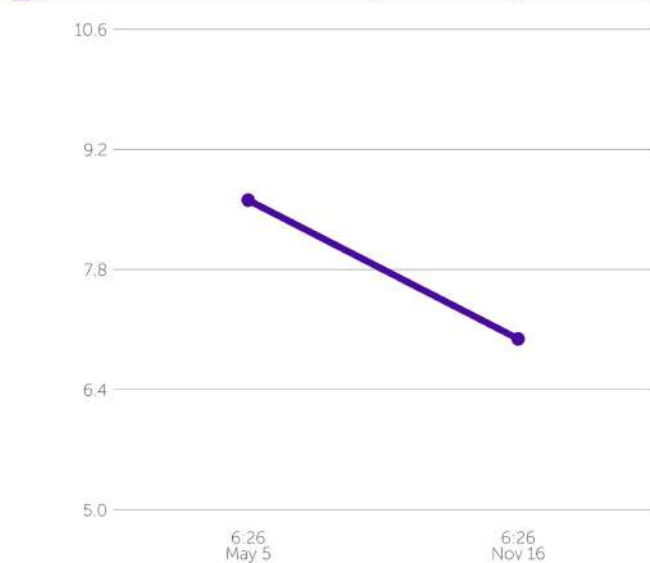
Visceral Fat

	Net	%
Visceral Fat	-0.3 lbs	25.0% Loss



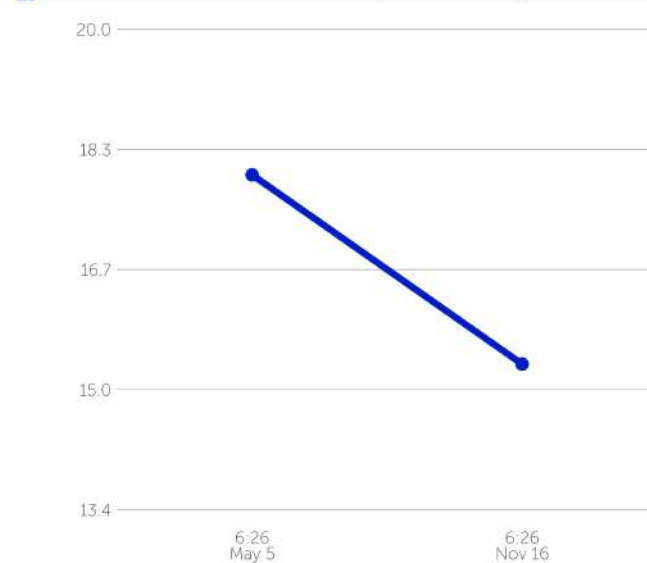
Android Fat Mass

	Net	%
Android Fat Mass	-1.6 lbs	18.9% Loss



Gynoid Fat Mass

	Net	%
Gynoid Fat Mass	-2.6 lbs	14.5% 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 5

May 31

Jun 9

Nov 16

