

Human Body Composition Monitoring Report of Analysis and Suggestion

Name	Sex	Age	Height	Time of Measurement
Michael Lee	Male	24	175cm	2016-04-12 15:21

Total Score 77.9

Bio-Age 25

Indicators of Body Composition

Indicators	Results	Ideal Range	Degree Of Judgment				
			Lower	Low	Normal	High	Higher
Weight(kg)	70	56.7 ~ 73.2	██████████				
BMI(kg/ m ²)	22.8	18.5 ~ 23.9	██████████				
TBF%	22.1	12 ~ 23	██████████				
VFI	8.5	2.1 ~ 9	██████████				
TBW%	53.9	50 ~ 70	██████████				
SM%	31.2	35 ~ 49	██████████				
BMC(kg)	3	2.6 ~ 3.3	██████████				
BMR (KCal/d)	1547	1395 ~ 1782	██████████				

Weight Control Advice

Reduce Fat Enhance Muscle Maintain the status

Maintain Weight 56.7 ~ 73.2 kg
Increase Muscle 2.7 ~ 12.5 kg
Maintain Fat 8.4 ~ 16.1 kg
Maintain Water 35 ~ 49 kg
Maintain Minerals 2.6 ~ 3.3 kg

Recommended daily calorie intake

1737 KCal/day

Analysis Of Lean Body And Fat Mass

Focus	Results	Ideal Range
Fat Mass FM	15.47	6.8 ~ 16.83
Fat Mass Index FMI	5.05	2.22 ~ 5.5
Fat-free Mass FFM	54.53	49.86 ~ 56.36
Fat-free Mass Index FFMI	17.81	16.28 ~ 18.4
Ratio of Fat and SM	0.71	0.34 ~ 0.47



Analysis Of Limb Balance

Upper Balance L/R 1.055
 Symmetrical Enhance Left Enhance Right
 Total Balance L/R 0.983
 Symmetrical Enhance Left Enhance Right
 Lower Balance L/R 1.038
 Symmetrical Enhance Left Enhance Right

Health Evaluation Of Body Composition

Result shows good figure, standard body weight and fat. If doing exercise to enhance muscle will further enhance body immune system and be good for health. Exercise such as swimming, dumb bell lifting and playing badminton are effective ways to enhance muscle.

Health Risks Warning

Congratulations! Not any warning. Please have regular body composition measuring.