YOUR EVOLT 360 BODY SCAN

EVOLTACTIVE

DATE
01-12-2022 07:10

NAME
Jennifer

HEIGHT
162 cm

WEIGHT
78.2 kg

AGE
24

GENDER
Female

YOUR BODY COMPOSITION

1. LEAN BODY MASS KG/LBS
57.7 / High   [39.0 - 47.6]

2. SKELETAL MUSCLE MASS KG/LBS
31.9 / High   [21.7 - 26.5]

3. PROTEIN KG/LBS
11.7 / High   [7.7 - 9.4]

4. MINERAL KG/LBS
4.5 / High   [2.9 - 3.5]

5. TOTAL BODY WATER KG/LBS
41.5 / High   [28.4 - 34.8]

6. BODY FAT MASS KG/LBS
20.5 / High   [11.5 - 17.3]

7. SUBCUTANEOUS FAT MASS KG/LBS/%
18.6   [23.8%]

8. VISCERAL FAT MASS KG/LBS/%
1.9   [2.4%]

9. VISCERAL FAT AREA cm2
35 / Under   [40 - 80]

10. TOTAL BODY FAT PERCENTAGE
26.2% / Optimal   [20 - 30]

11. VISCERAL FAT LEVEL
4 / Optimal

12. INTRACELLULAR FLUID (ICF) KG/LBS
27.6   [67%]

13. EXTRACELLULAR FLUID (ECF) KG/LBS
13.9   [33%]

14. BMR [BASAL METABOLIC RATE]
1616 kCal

15. TEE (Total Energy Expenditure)
2488 kCal

16. BIO AGE
24

17. BWI° SCORE
8.0 / 10

BFT

18. SEGMENTAL ANALYSIS

UPPER - LOWER	BODY BALANCE	LEFT - RIGHT	
[X] BALANCED		[X] BALANCED	
[ ] UNBALANCED		[ ] UNBALANCED	

LEAN MASS KG/LBS		FAT MASS KG/LBS		LEFT ARM
2.60 / High	[2.11 - 2.58]	1.28 / High	[0.81 - 1.22]	

RIGHT ARM	LEAN MASS KG/LBS		FAT MASS KG/LBS	
	2.75 / High	[2.11 - 2.58]	1.17 / Optimal	[0.81 - 1.22]

LEAN MASS KG/LBS		FAT MASS KG/LBS		TORSO
21.00 / High	[15.88 - 19.41]	11.59 / High	[6.69 - 10.04]	

19. ABDOMINAL CIRCUMFERENCE
80.1 cm   (Less than 88 cm)

20. WAIST TO HIP RATIO
0.76 / Optimal   [0.7 - 0.85]

LEAN MASS KG/LBS		FAT MASS KG/LBS		LEFT LEG
7.61 / High	[5.83 - 7.12]	3.29 / Optimal	[2.28 - 3.42]	

RIGHT LEG	LEAN MASS KG/LBS		FAT MASS KG/LBS	
	7.77 / High	[5.83 - 7.12]	3.17 / Optimal	[2.28 - 3.42]

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

21. CALORIES
KCAL
2488 - 2588

22. PROTEIN (g) (g) (g)
187g - 194g (30%)

23. CARBOHYDRATES
249g - 259g (40%)

24. FAT
83g - 86g (30%)

YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS

( ) FAT LOSS   ( ) MUSCLE GAIN   (X) OPTIMAL HEALTH

- L-Glutamine
- Protein Isolate (Whey or Plant)
- Branch Chain Amino Acids (BCAA's)
- Greens Powder
- Multi-Vitamin
- Vitamin B
- Lean protein bar snacks
- Gut Health Support (Eg. Probiotics)

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

MORNINGNESS-EVENINGNESS QUESTIONNAIRE
Self-Assessment Version (MEQ-SA)

Name: _____Jennifer Lin_____ Date: __30·11·22__

For each question, please select the answer that best describes you by circling the answer that best indicates how you have felt in recent weeks.

1. Approximately when would you get up if you were entirely free to plan your day?

   [5] 5:00 AM–6:30 AM *(05:00–06:30 h)*
   [4] 6:30 AM–7:45 AM *(06:30–07:45 h)*
   [3] 7:45 AM–9:45 AM *(07:45–09:45 h)*
   [2] 9:45 AM–11:00 AM *(09:45–11:00 h)*
   [1] 11:00 AM–12 noon *(11:00–12:00 h)*

2. Approximately what time would you go to bed if you were entirely free to plan your evening?

   [5] 8:00 PM–9:00 PM *(20:00–21:00 h)*
   [4] 9:00 PM–10:15 PM *(21:00–22:15 h)*
   [3] 10:15 PM–12:30 AM *(22:15–00:30 h)*
   [2] 12:30 AM–1:45 AM *(00:30–01:45 h)*
   [1] 1:45 AM–3:00 AM *(01:45–03:00 h)*

3. If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?

   [4] Not at all
   [3] Slightly
   [2] Somewhat
   [1] Very much

4. How easy do you find it to get up in the morning when you are not awakened unexpectedly?

   [1] Very difficult
   [2] Somewhat difficult
   [3] Fairly easy
   [4] Very easy

MORNINGNESS-EVENINGNESS QUESTIONNAIRE

5. How alert do you feel during the first half hour after you wake up in the morning?

    [1] Not at all alert
    [2] Slightly alert
    [3] Fairly alert
    [4] Very alert

6. How hungry do you feel during the first half hour after you wake up?

    [1] Not at all hungry
    [2] Slightly hungry
    [3] Fairly hungry
    [4] Very hungry

7. During the first half hour after you wake up in the morning, how do you feel?

    [1] Very tired
    [2] Fairly tired
    [3] Fairly refreshed
    [4] Very refreshed

8. If you had no commitments the next day, what time would you go to bed compared to your usual bedtime?

    [4] Seldom or never later
    [3] Less that 1 hour later
    [2] 1-2 hours later
    [1] More than 2 hours later

9. You have decided to exercise. A friend suggests that you do this for one hour, twice a week, between 7-8 AM (07-08 h). Bearing in mind nothing but your own internal "clock," how do you think you would perform?

    [4] Would be in good form
    [3] Would be in reasonable form
    [2] Would find it difficult
    [1] Would find it very difficult

10. Approximately when would you go to bed if you could sleep when you felt like it?

    [5] 8:00 PM–9:00 PM *(20:00–21:00 h)*
    [4] 9:00 PM–10:15 PM *(21:00–22:15 h)*
    [3] 10:15 PM–12:45 AM *(22:15–00:45 h)*
    [2] 12:45 AM–2:00 AM *(00:45–02:00 h)*
    [1] 2:00 AM–3:00 AM *(02:00–03:00 h)*

11. You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last two hours. You are entirely free to plan your day. Considering only your "internal clock," which one of the four testing times would you choose?

    [6] 8 AM–10 AM *(08–10 h)*
    [4] 11 AM–1 PM *(11–13 h)*
    [2] 3 PM–5 PM *(15–17 h)*
    [0] 7 PM–9 PM *(19–21 h)*

12. If you went to bed at 11 PM *(23 h)*, how tired would you be?

    [0] Not at all tired
    [2] A little tired
    [3] Fairly tired
    [5] Very tired

13. For some reason you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which one of the following are you most likely to do?

    [4] Wake up at your usual time, but not fall back asleep
    [3] Wake up at your usual time, and doze thereafter
    [2] Wake up at your usual time, but fall asleep again
    [1] Not wake up until later than usual

14. One night you have to remain awake between 4-6 AM *(04-06 h)* to carry out a night watch. You have no time commitments the next day. Which one of these alternatives would suit you best?

    [1] Stay up until the watch is over
    [2] Take a nap before the watch, and sleep after

[3] Have a good sleep before the watch, and nap after
[4] Sleep only before the watch

15. You have two hours of hard physical work. You are entirely free to plan your day. Considering only your internal "clock," which of the following times would you choose?

[4] 8 AM–10 AM *(08–10 h)*
[3] 11 AM–1 PM *(11–13 h)*
[2] 3 PM–5 PM *(15–17 h)*
[1] 7 PM–9 PM *(19–21 h)*

16. You have decided to exercise. A friend suggests that you do this for one hour twice a week between 10-11 PM *(22-23 h)*. Bearing in mind only your internal "clock," how well do you think you would perform?

[1] Would be in good form
[2] Would be in reasonable form
[3] Would find it difficult
[4] Would find it very difficult

17. Suppose that you can choose your own work hours. Assume that you work a five hour day (including breaks), your job is interesting, and you are paid based on your performance. At approximately what time would you choose to begin?

[5] 5 hours starting between 4–8 AM *(04–08 h)*
[4] 5 hours starting between 8–9 AM *(08–09 h)*
[3] 5 hours starting between 9 AM–2 PM *(09–14 h)*
[2] 5 hours starting between 2–5 PM *(14–17 h)*
[1] 5 hours starting between 5 PM–4 AM *(17–04 h)*

18. At approximately what time of day do you usually feel your best?

[5] 5–8 AM *(05–08 h)*
[4] 8–10 AM *(08–10 h)*
[3] 10 AM–5 PM *(10–17 h)*
[2] 5–10 PM *(17–22 h)*
[1] 10 PM–5 AM *(22–05 h)*

19. Are you a "morning type" or an "evening type"?

[6] Definitely a morning type
[4] Rather more a morning type than an evening type
[2] Rather more an evening type than a morning type
[0] Definitely an evening type

_____ **Total points for all 19 questions**

MORNINGNESS-EVENINGNESS QUESTIONNAIRE – FEEDBACK SECTION
Page 1

INTERPRETING AND USING YOUR MORNINGNESS-EVENINGNESS SCORE

This questionnaire has 19 questions, each with a number of points. First, add up the points you circled and enter your total score here:

55.

Scores can range from 16-86. Scores of 41 and below indicate "evening types." Scores of 59 and above indicate "morning types." Scores between 42-58 indicate "intermediate types."

16-30	31-41	42-58	59-69	70-86
definite evening	moderate evening	intermediate	moderate morning	definite morning

Occasionally a person has trouble with the questionnaire. For example, some of the questions are difficult to answer if you have been on a shift work schedule, if you don't work, or if your bedtime is unusually late. Your answers may be influenced by an illness or medications you may be taking. *If you are not confident about your answers, you should also not be confident about the advice that follows.*

One way to check this interpretation is to ask whether your morningness-eveningness score approximately matches the sleep onset and wake-up times listed below:

Score	16-30	31-41	42-58	59-69	70-86
Time you fall asleep	2:00-3:00 AM (02:00-03:00 h)	12:45-2:00 AM (00:45-02:00 h)	10:45 PM-12:45 AM (22:45-00:45 h)	9:30-10:45 PM (21:30-22:45 h)	9:00-9:30 PM (21:00-21:30 h)
Time you wake up	10:00-11:30 AM (10:00-11:30 h)	8:30-10:00 AM (08:30-10:00 h)	6:30-8:30 AM (06:30-08:30 h)	5:00-6:30 AM (05:00-06:30 h)	4:00-5:00 AM (04:00-05:00 h)

If you usually fall asleep before 9:00 PM *(21:00 h)* or after 3:00 AM *(03:00 h)*, or you wake up before