



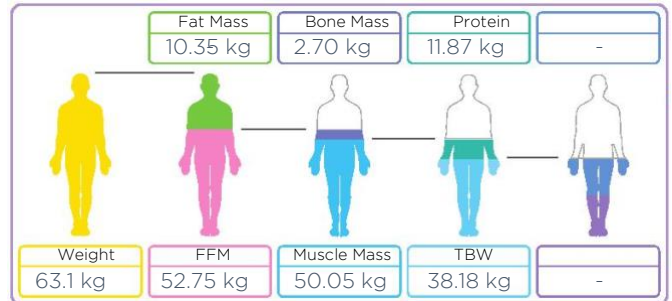
Body Composition Analyzer

Date 23/1/2024 05:00

ID	22036513		
Name	Allen	Height	172 cm
Age	63	Type	PT

Details

	Result	Normal	Target
Weight	63.1 kg	55-74 kg	-
Fat	16.40 %	13-25%	-
Fat Mass	10.35 kg		-
Fat Free Mass	52.75 kg		-
Muscle Mass	50.05 kg		-
BMI	21.30	18.5-25	-
Metabolic Age	48.00		-

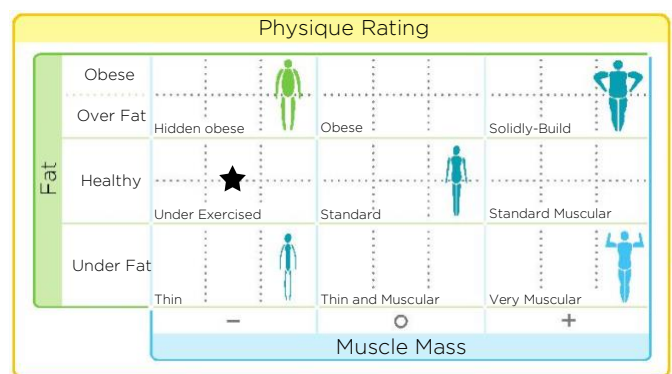


BMR - Visceral Fat Rating - TBW

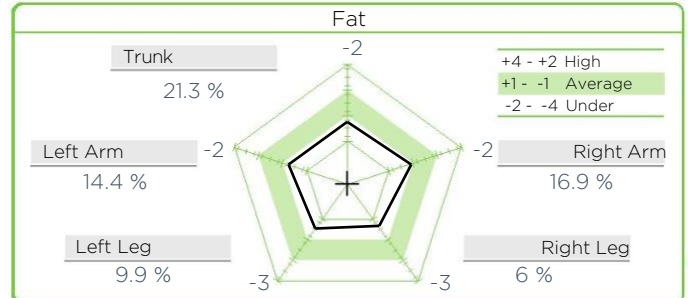
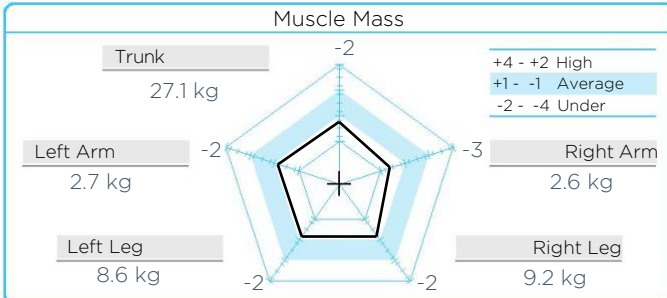
BMR	6263 kJ	
	1497 kcal	



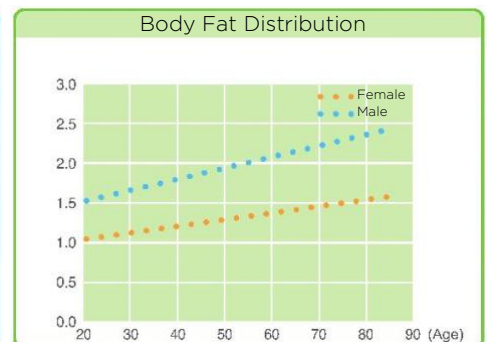
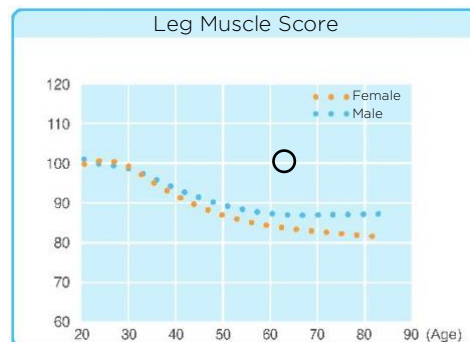
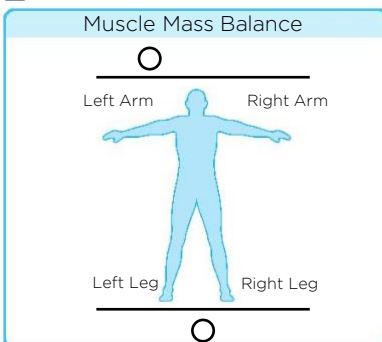
Total Body Water	60.50%	
	38.18 kg	



Segmental Analysis



Balance



History

	Weight	Muscle Mass	Fat in %
23.01.2024	63.1	50.05	16.40
Initial	63.1	50.05	16.40



Recommendations