

Scan History

Recap of your scans

# of Scans to date	8
Before/After	229 days
Net Loss/Gain	Lost 66.4 in (-15.4%)

Circumference Summary

These are the biggest areas of change

Torso	Lost 51.2 in (-16.1%)
Neck & Arms	Lost 7.0 in (-16.7%)
Legs	Lost 8.2 in (-11.5%)

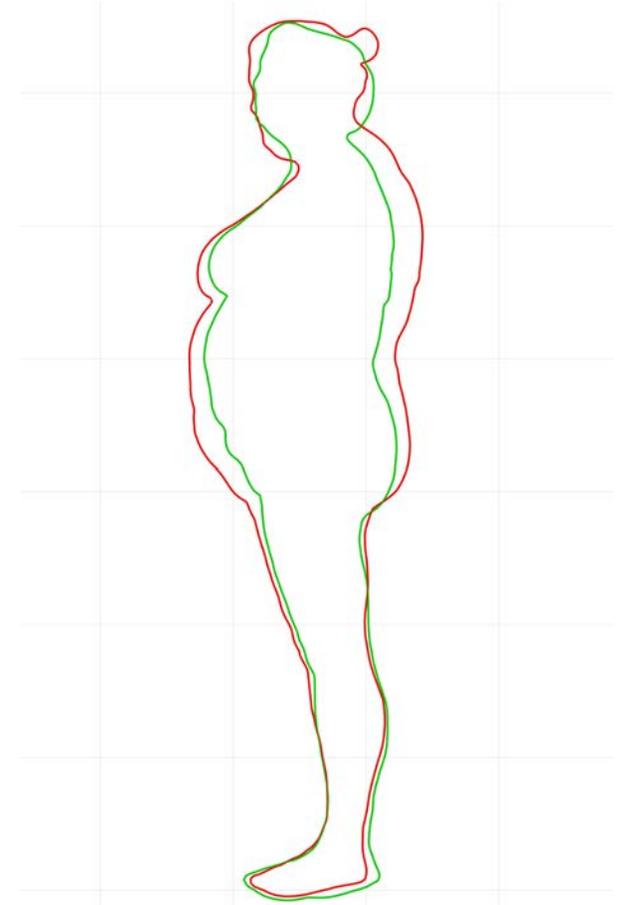
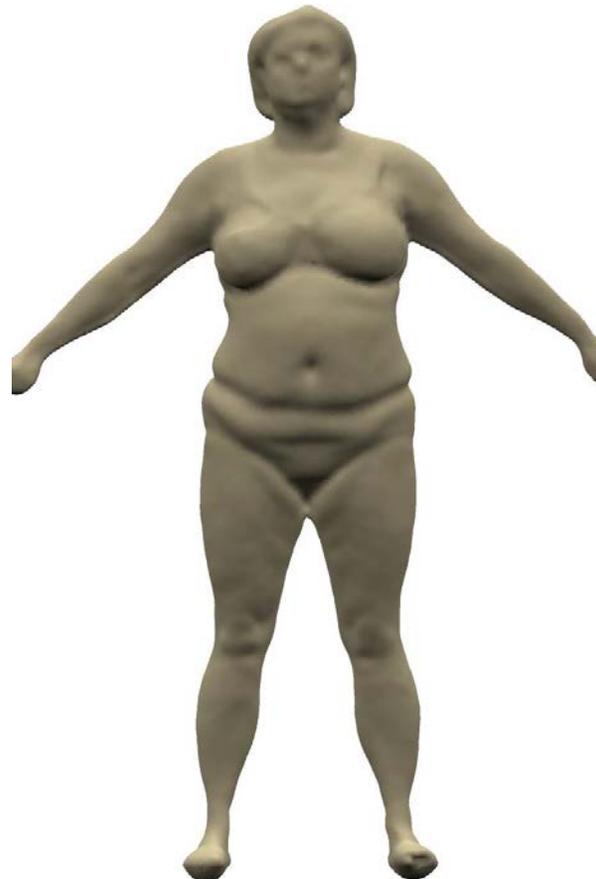
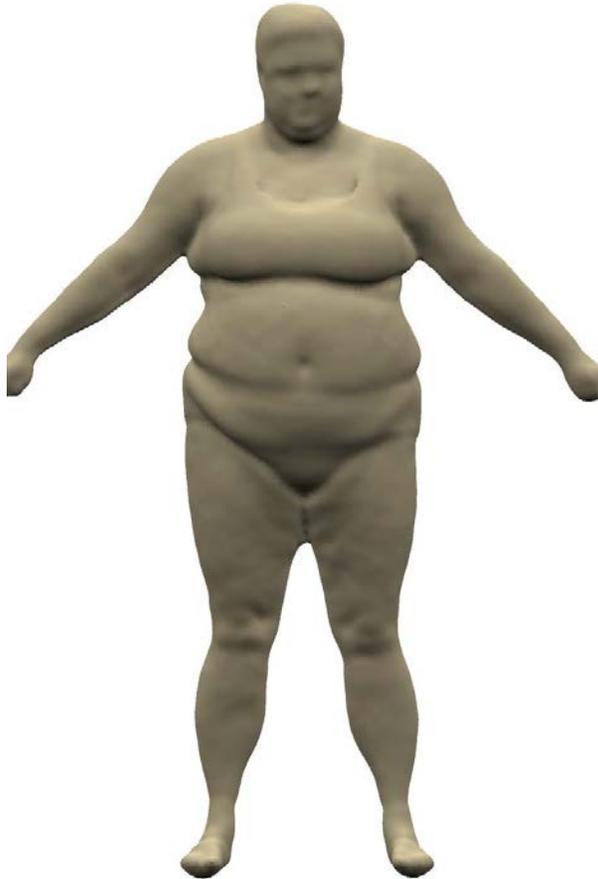
Composition Summary

Your body composition progress

Total Weight	Lost 66.0 lbs (-22.9%)
Body Fat %	Lost 4.5% (-10.1%)
Lean Mass %	Gained 4.1% (7.8%)

█ First Scan
Jun 27

█ Last Scan
Feb 11



CIRCUMFERENCES - MEASUREMENTS

EXAMPLE FEMALE

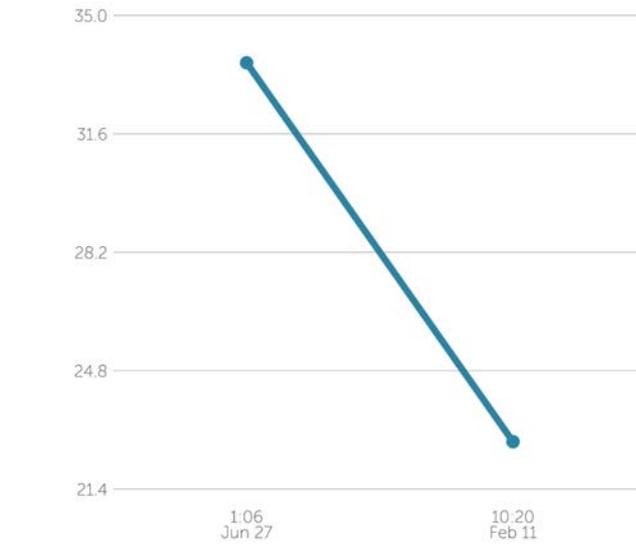
Circumference (Torso Only)

	Net	%
Total Circumference	-51.2 inches	16.1% Loss



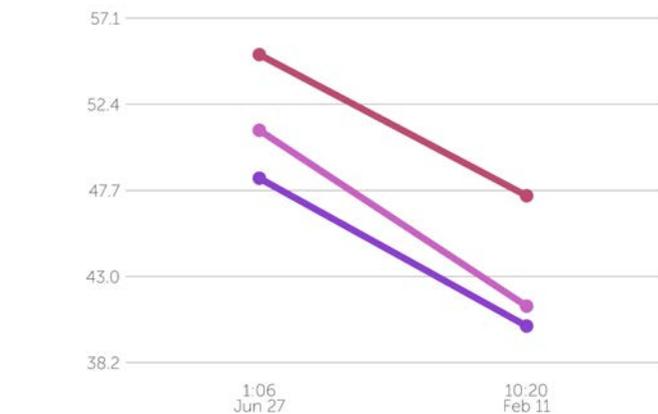
Volume (Torso Only)

	Net	%
Total Volume	-10.9 gal	32.3% Loss



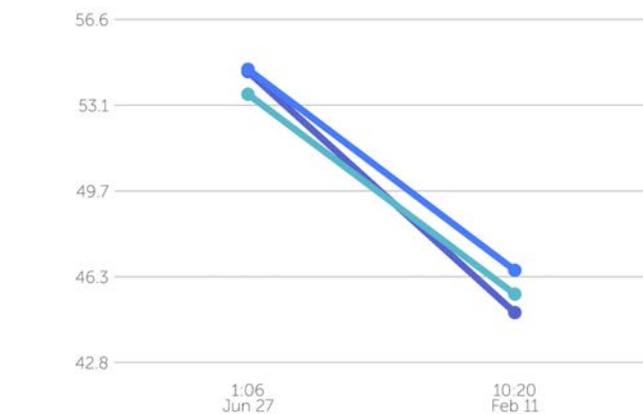
Upper Torso

	Net	%
Chest	-7.7 inches	14.0% Loss
Waist (Narrowest)	-8.1 inches	16.7% Loss
Waist (Abdominal)	-9.6 inches	18.9% Loss



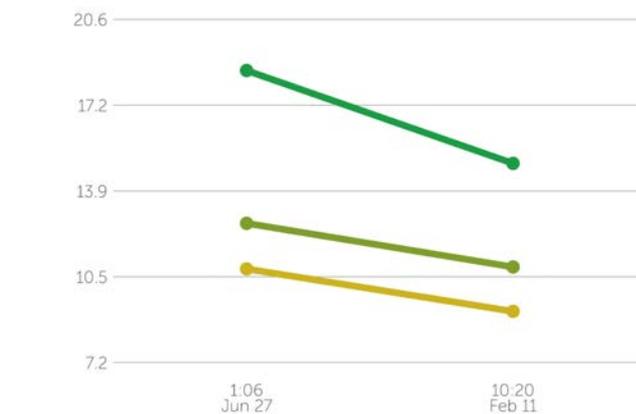
Lower Torso

	Net	%
Waist (Lower)	-9.7 inches	17.7% Loss
High Hip	-8.1 inches	14.7% Loss
Hip	-8.0 inches	14.9% Loss



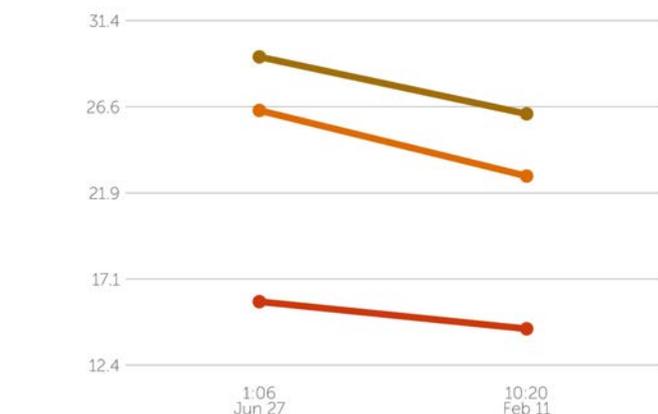
Neck & Arms

	Net	% Change
Neck	-3.6 inches	19.5% Loss
Bicep	-1.7 inches	13.5% Loss
Forearm	-1.7 inches	15.3% Loss



Legs

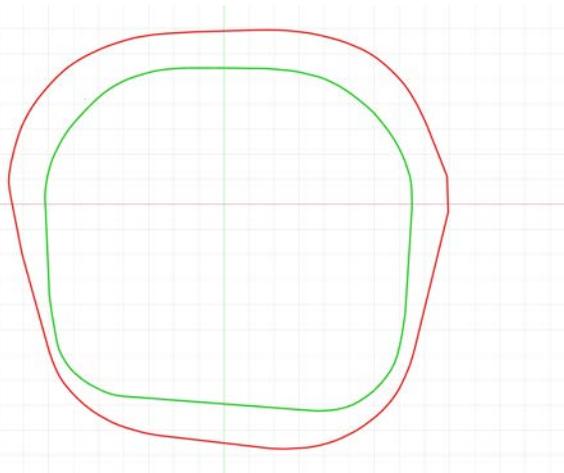
	Net	% Change
Thigh	-3.1 inches	10.7% Loss
Mid-Thigh	-3.6 inches	13.7% Loss
Calf	-1.5 inches	9.4% Loss



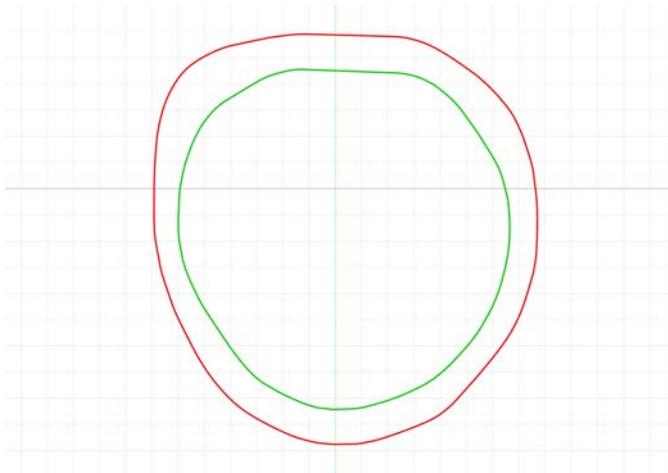
CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE FEMALE

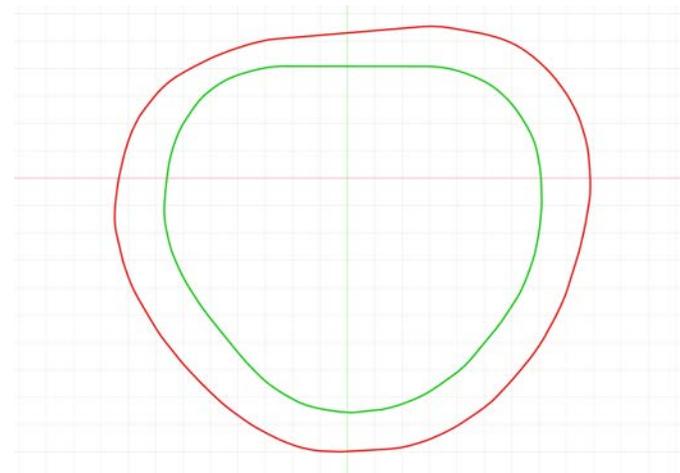
Chest	Net	%
Chest	-7.7 inches	14.0% Loss



Waist (Narrowest)	Net	%
Waist (Narrowest)	-8.1 inches	16.7% Loss

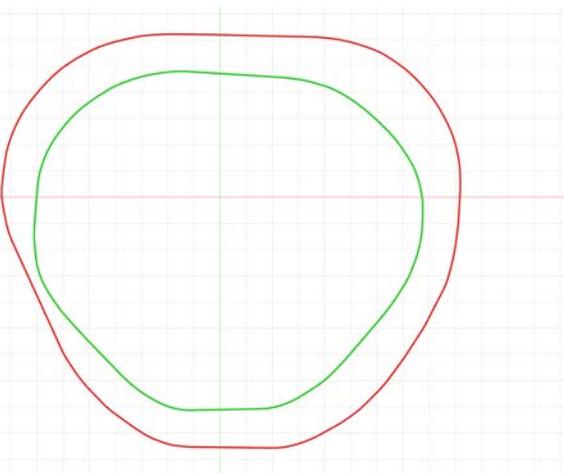


Waist (Abdominal)	Net	%
Waist (Abdominal)	-9.6 inches	18.9% Loss

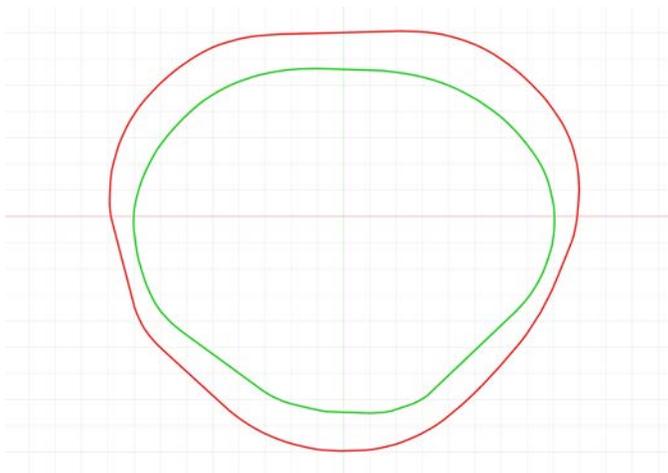


█ First Scan
 1:06 Jun 27, 2016
 █ Last Scan
 10:20 Feb 11, 2017

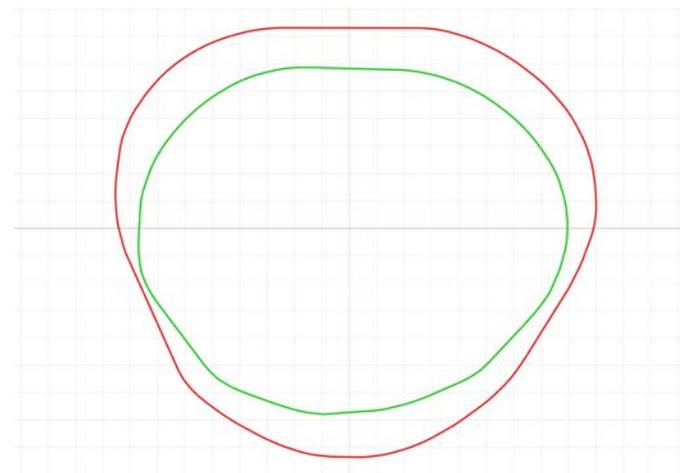
Waist (Lower)	Net	%
Waist (Lower)	-9.7 inches	17.7% Loss



High Hip	Net	%
High Hip	-8.1 inches	14.7% Loss



Hip	Net	%
Hip	-8.0 inches	14.9% Loss

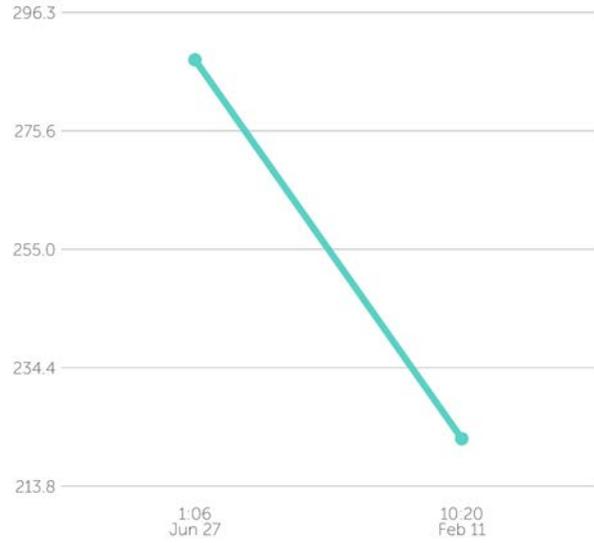


BODY COMPOSITION - FAT AND LEAN MASS

EXAMPLE FEMALE

Total Weight

	Net	%
Total Weight	-66.0 lbs	22.9% Loss



Body Fat %

	Net	%
Body Fat %	-4.5 %	10.1% Loss



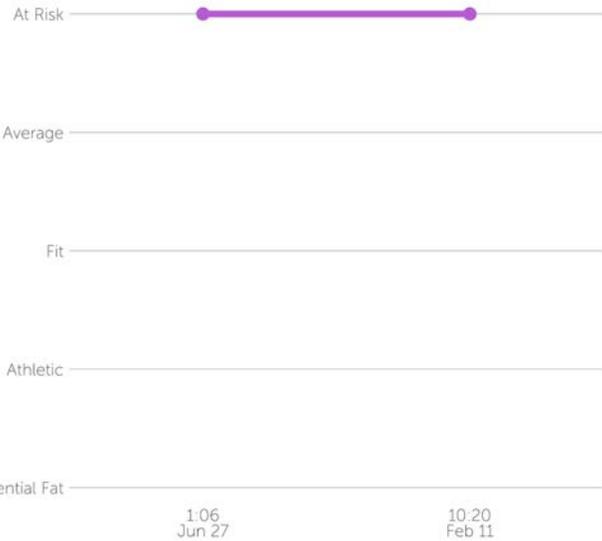
Fat Mass

	Net	%
Fat Mass	-39.7 lbs	30.7% Loss



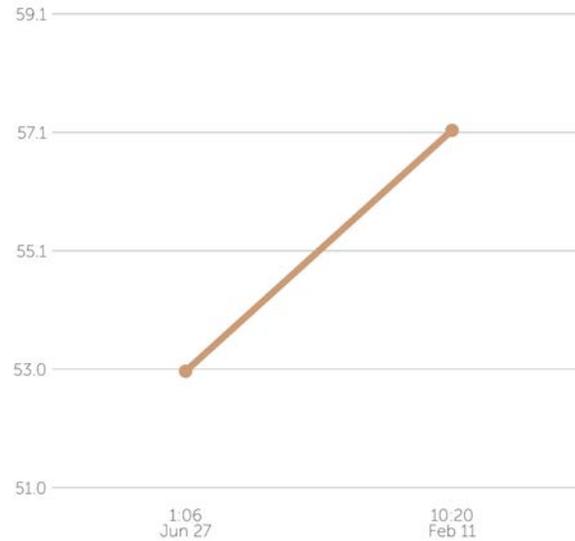
Body Fat Ranking

	Net	%
Body Fat Ranking		



Lean Mass %

	Net	%
Lean Mass %	4.1 %	7.8% Gain



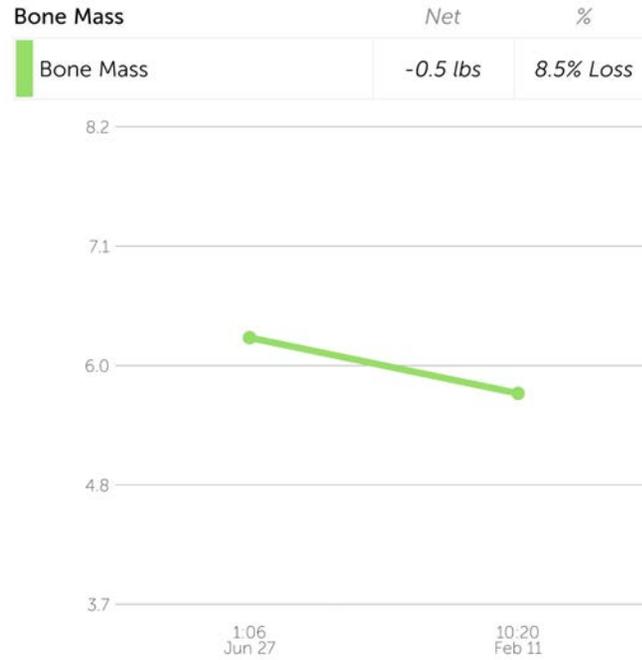
Lean Mass

	Net	%
Lean Mass	-25.8 lbs	16.9% 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

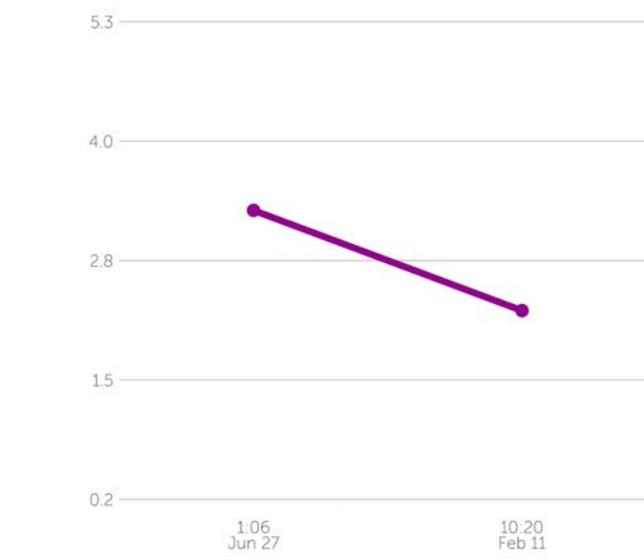
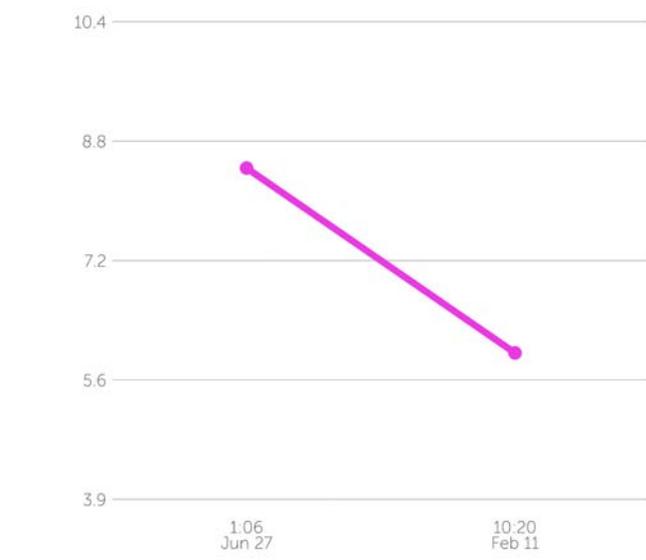
EXAMPLE FEMALE

Subcutaneous Fat	Net	%
Subcutaneous Fat	-2.5 lbs	29.9% Loss

Visceral Fat	Net	%
Visceral Fat	-1.1 lbs	32.2% Loss

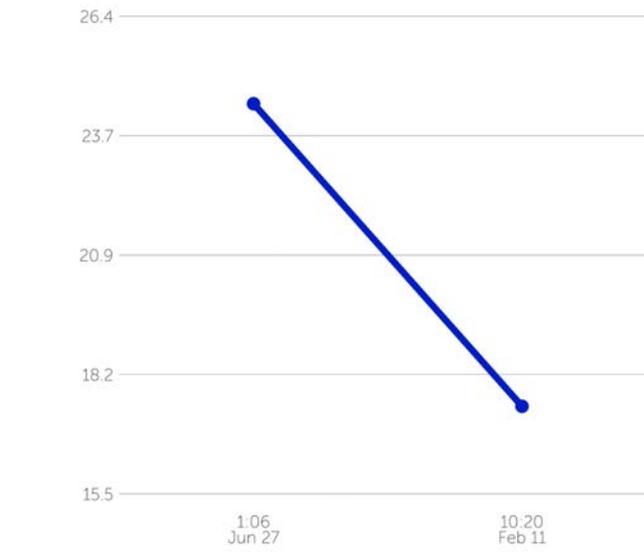
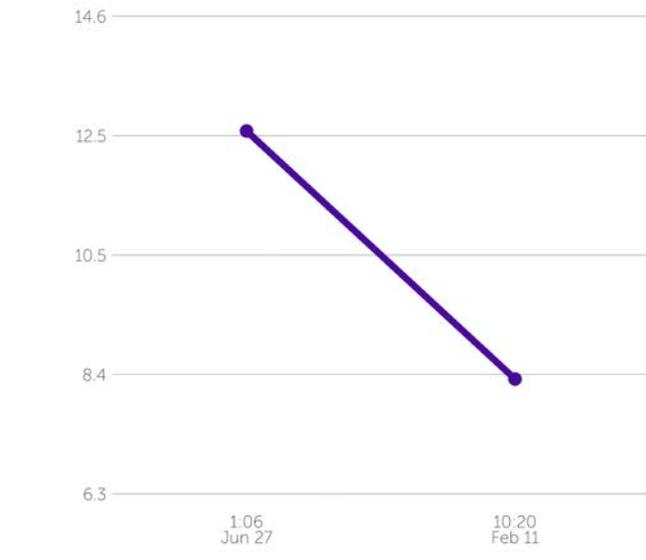
LEGEND

- 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.



Android Fat Mass	Net	%
Android Fat Mass	-4.3 lbs	34.2% Loss

Gynoid Fat Mass	Net	%
Gynoid Fat Mass	-6.9 lbs	28.3% Loss



Jun 27



Jul 13



Jul 28



Aug 26



Sep 29

