

### Scan History

Recap of your scans

# of Scans to date	2
Before/After	148 days
Net Loss/Gain	Lost 33.3 in (-9.0%)

█ First Scan  
May 11

### Circumference Summary

These are the biggest areas of change

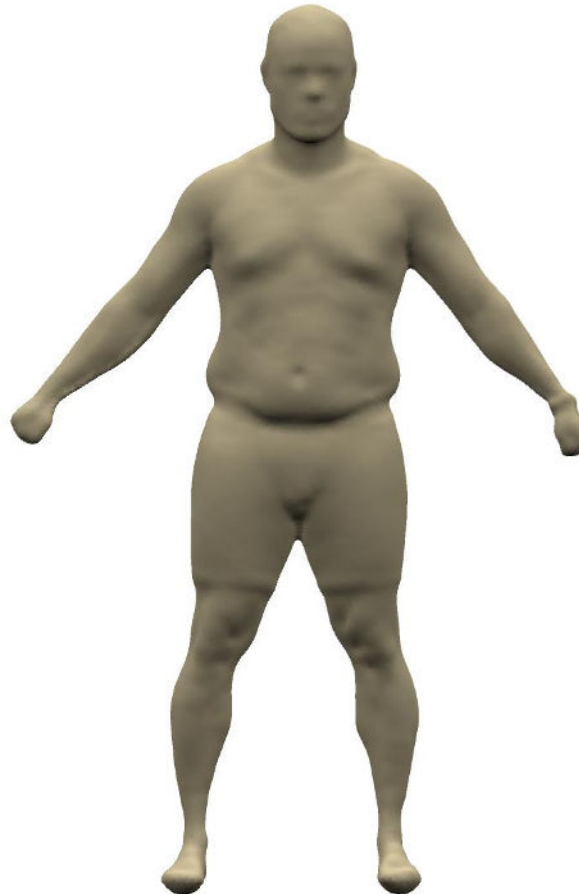
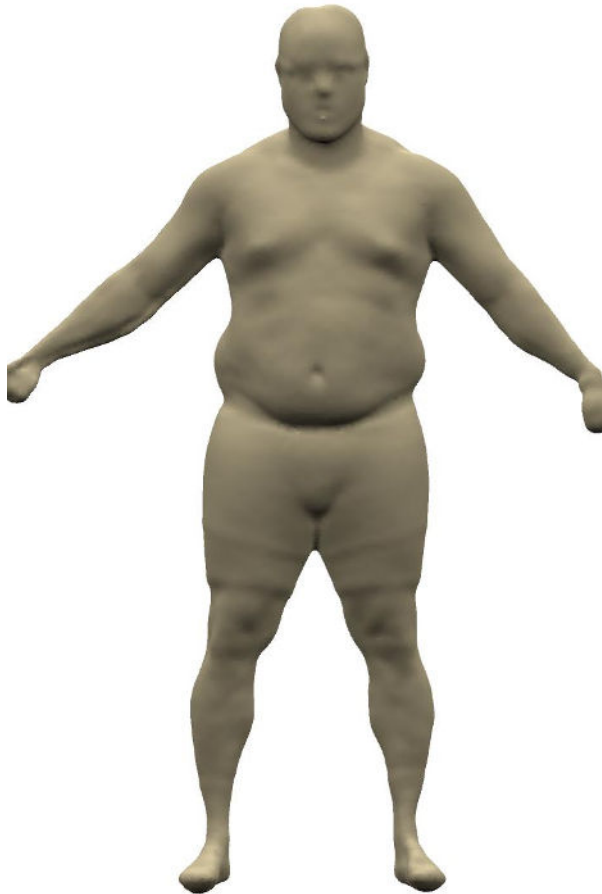
Torso	Lost 24.8 in (-9.7%)
Neck & Arms	Lost 1.5 in (-3.6%)
Legs	Lost 7.0 in (-9.9%)

█ Last Scan  
Oct 5

### Composition Summary

Your body composition progress

Total Weight	Lost 41.0 lbs (-17.7%)
Body Fat %	Lost 3.1% (-9.7%)
Lean Mass %	Gained 2.8% (4.3%)

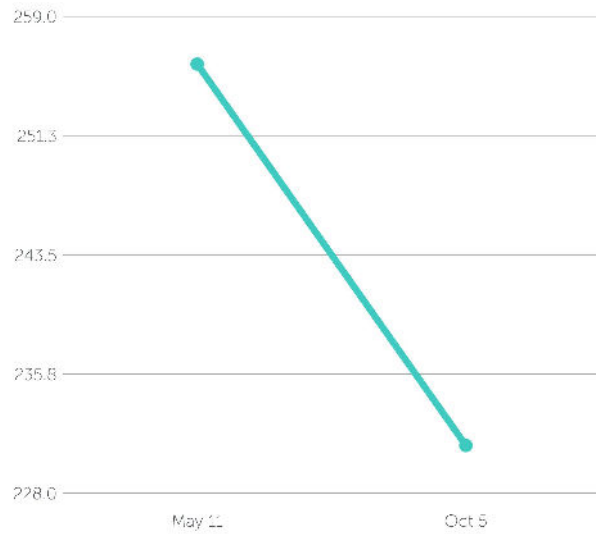


## CIRCUMFERENCES - MEASUREMENTS

## EXAMPLE MALE

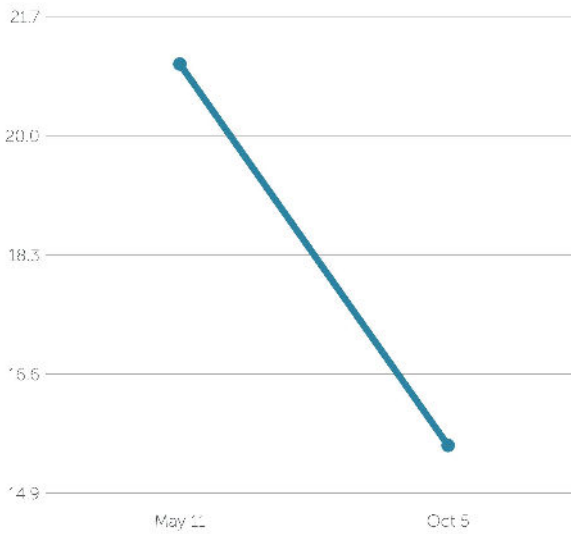
### Circumference (Torso Only)

	Net	%
Total Circumference	-24.8 inches	9.7% Loss



### Volume (Torso Only)

	Net	%
Total Volume	-5.5 gal	25.9% Loss



### Upper Torso

	Net	%
Chest	-3.5 inches	7.9% Loss
Waist (Narrowest)	-3.9 inches	10.1% Loss
Waist (Abdominal)	-4.7 inches	11.2% Loss



### Lower Torso

	Net	%
Waist (Lower)	-4.9 inches	11.2% Loss
High Hip	-4.6 inches	10.7% Loss
Hip	-3.2 inches	7.2% Loss



### Neck & Arms

	Net	% Change
Neck	-0.9 inches	5.5% Loss
Bicep	-0.2 inches	1.8% Loss
Forearm	-0.3 inches	3.1% Loss



### Legs

	Net	% Change
Thigh	-3.8 inches	12.5% Loss
Mid-Thigh	-2.8 inches	10.3% Loss
Calf	-0.5 inches	3.5% Loss



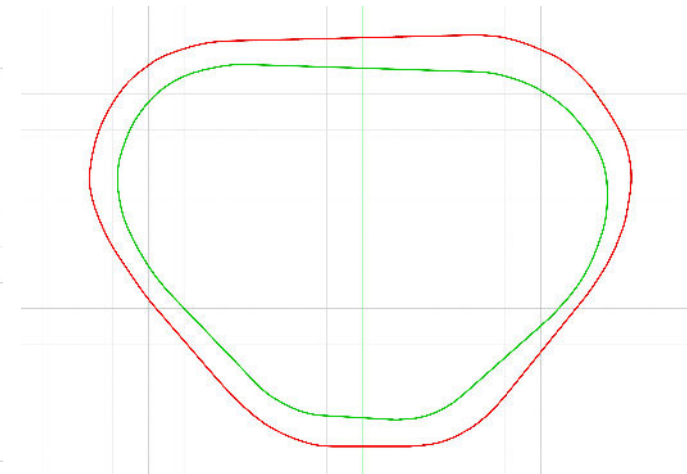
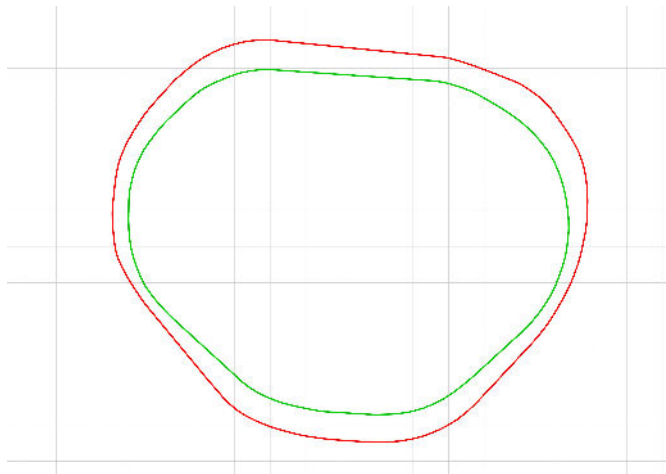
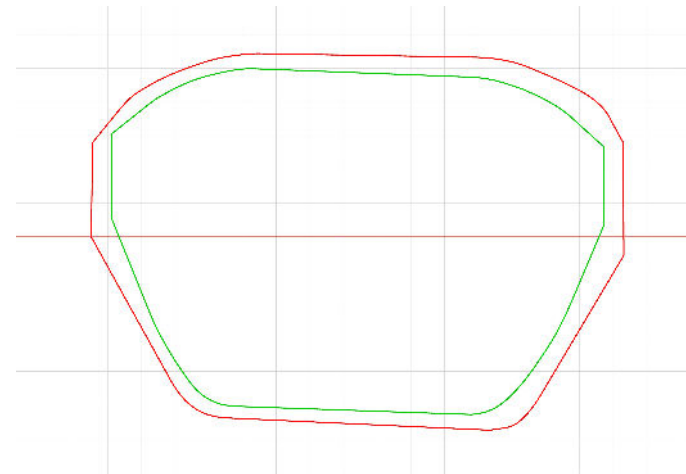
## CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE MALE

Chest	Net	%
Chest	-3.5 inches	7.9% Loss

Waist (Narrowest)	Net	%
Waist (Narrowest)	-3.9 inches	10.1% Loss

Waist (Abdominal)	Net	%
Waist (Abdominal)	-4.7 inches	11.2% Loss

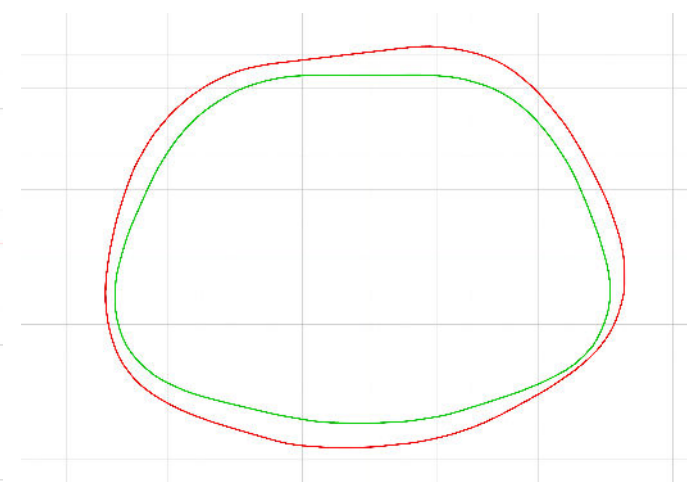
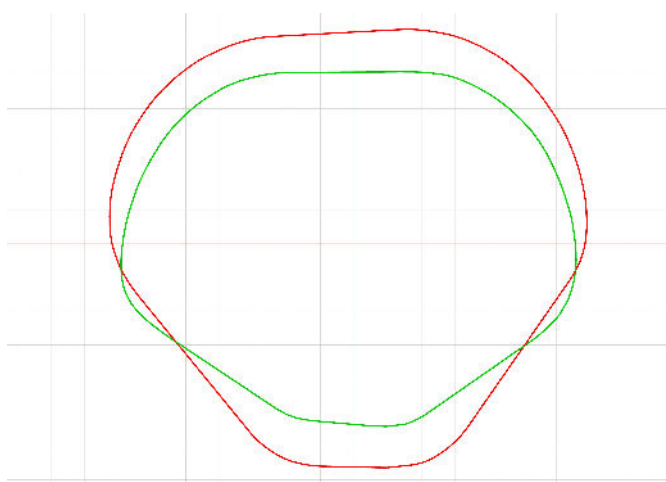
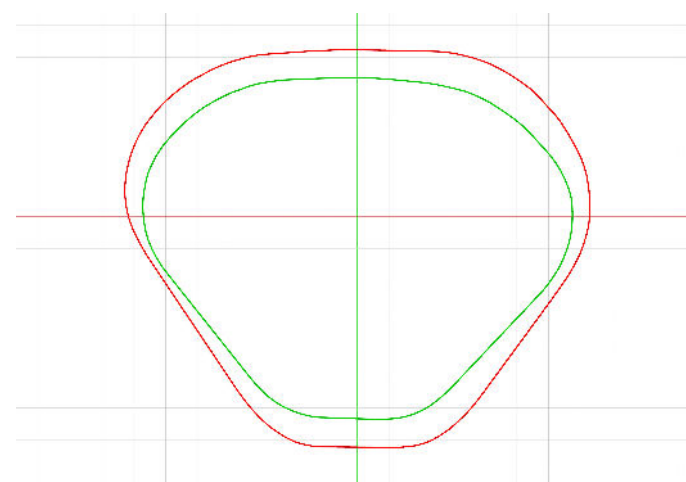


█ First Scan  
 May 11, 2016
 █ Last Scan  
 Oct 5, 2016

Waist (Lower)	Net	%
Waist (Lower)	-4.9 inches	11.2% Loss

High Hip	Net	%
High Hip	-4.6 inches	10.7% Loss

Hip	Net	%
Hip	-3.2 inches	7.2% Loss

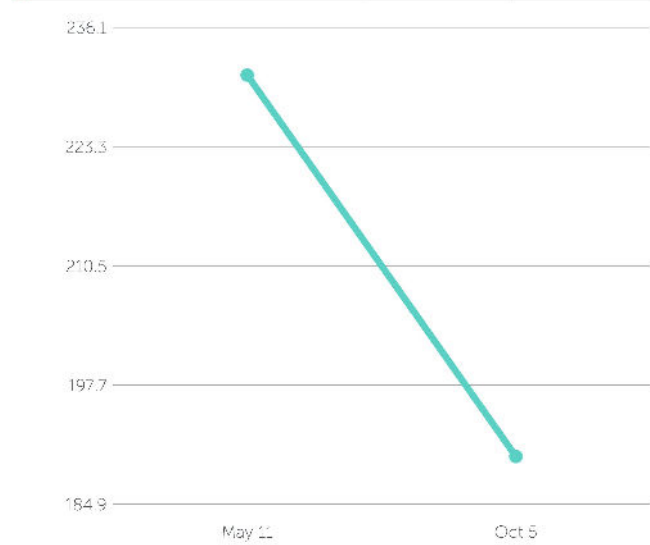


## BODY COMPOSITION - FAT AND LEAN MASS

## EXAMPLE MALE

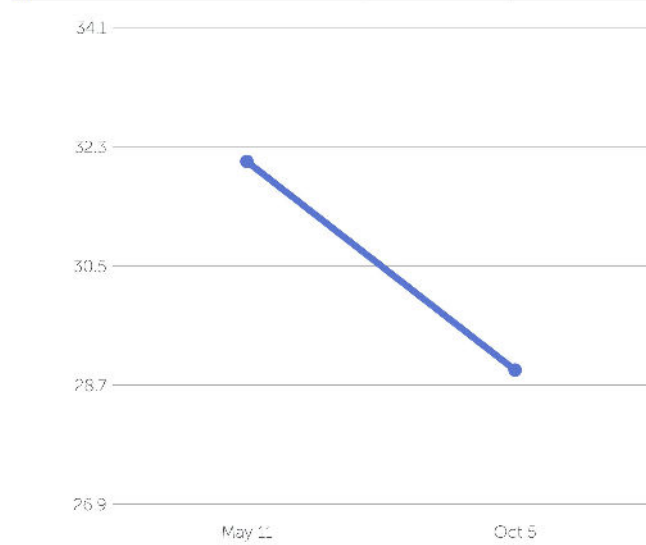
### Total Weight

	Net	%
Total Weight	-41.0 lbs	17.7% Loss



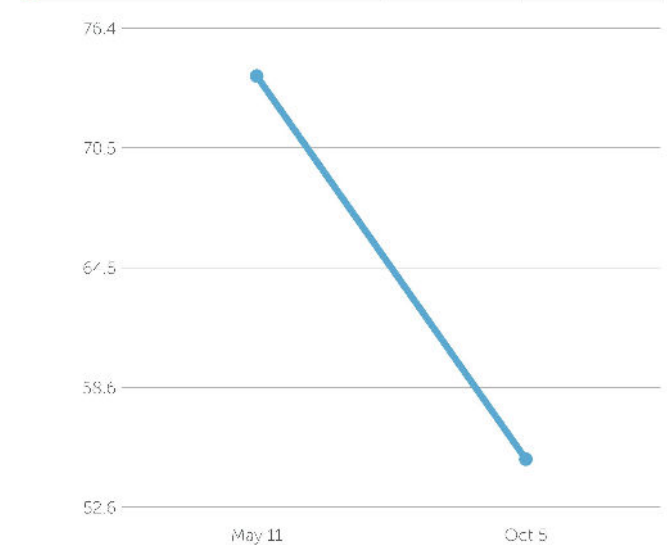
### Body Fat %

	Net	%
Body Fat %	-3.1 %	9.7% Loss



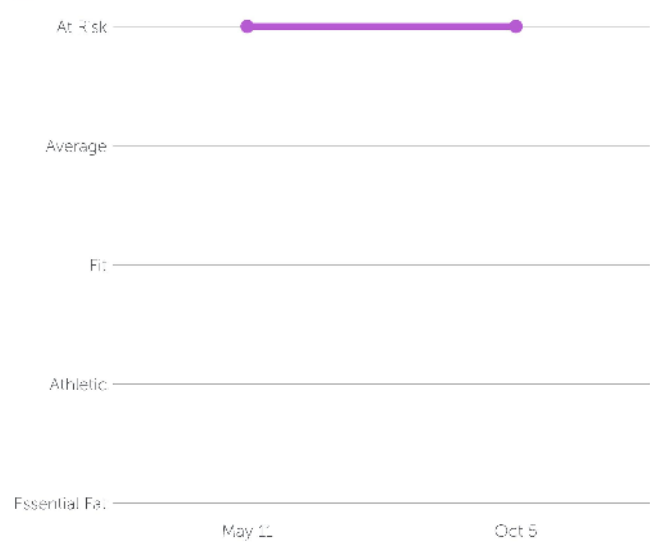
### Fat Mass

	Net	%
Fat Mass	-19.1 lbs	25.7% Loss



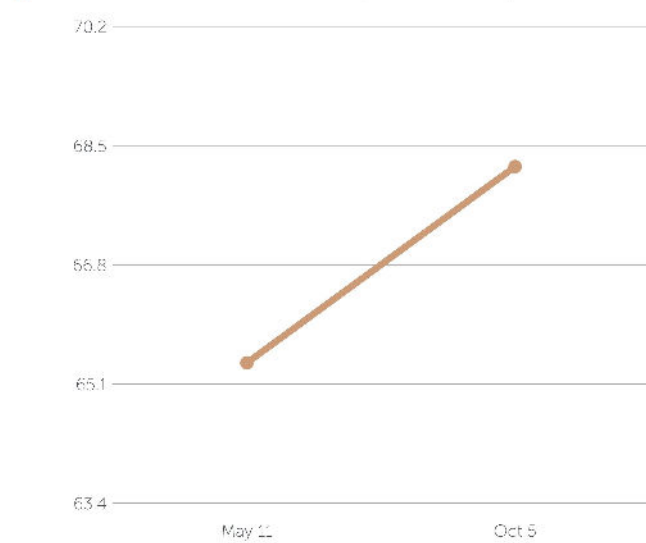
### Body Fat Ranking

	Net	%
Body Fat Ranking	At Risk	At Risk



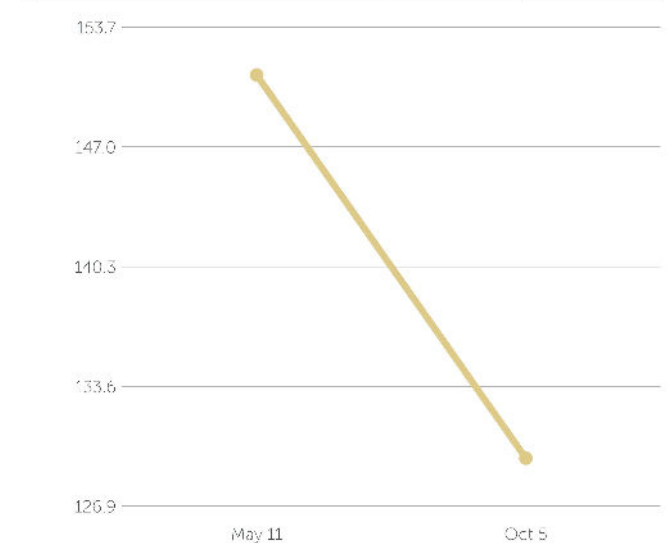
### Lean Mass %

	Net	%
Lean Mass %	2.8 %	4.3% Gain



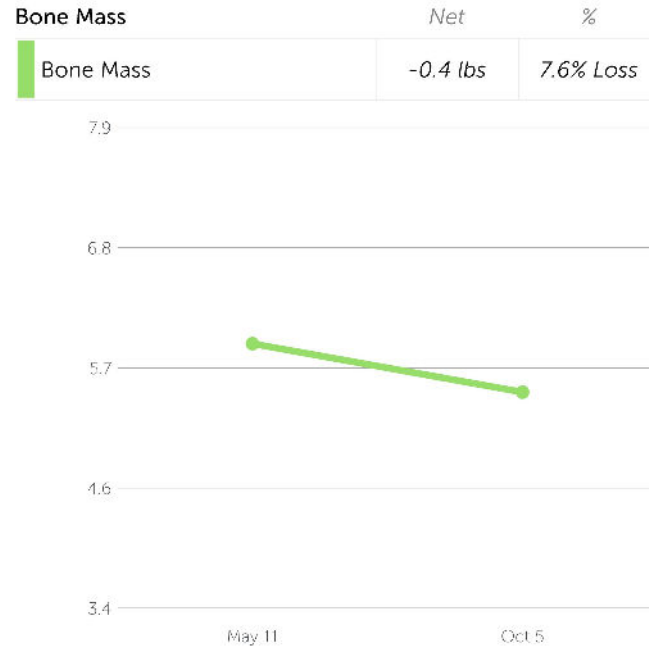
### Lean Mass

	Net	%
Lean Mass	-21.5 lbs	14.2% Loss



## BODY COMPOSITION - MINERAL CONTENT

## EXAMPLE MALE



### 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

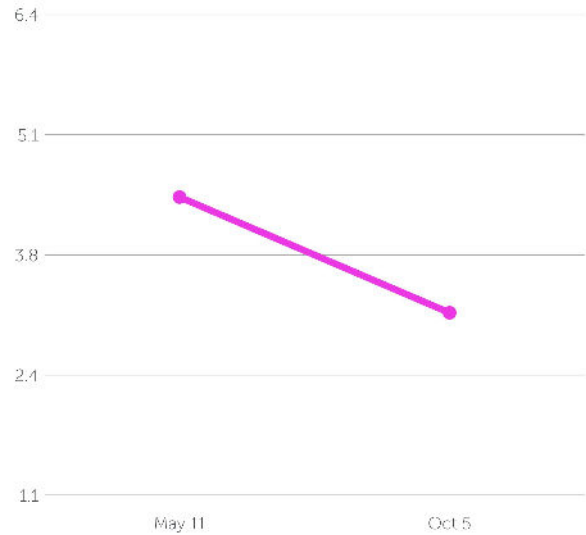
Bone Mass is the amount of bone mineral in your body.

## BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

## EXAMPLE MALE

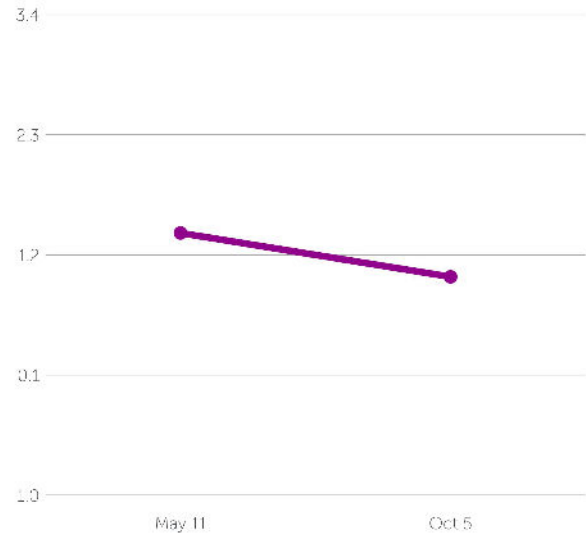
**Subcutaneous Fat** Net      %

Subcutaneous Fat	-1.3 lbs	28.8% Loss
------------------	----------	------------



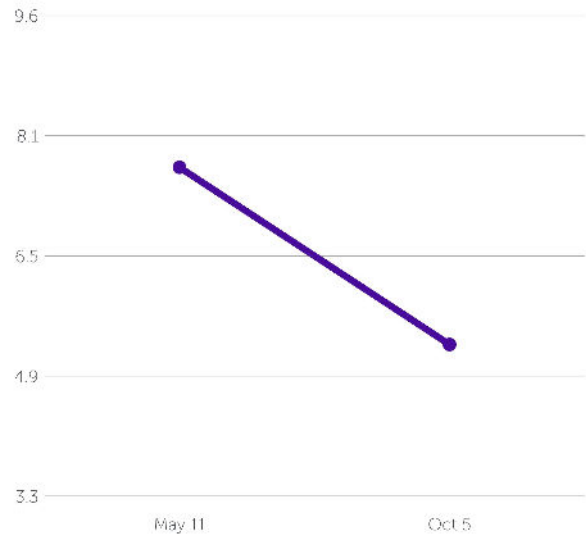
**Visceral Fat** Net      %

Visceral Fat	-0.4 lbs	28.7% Loss
--------------	----------	------------



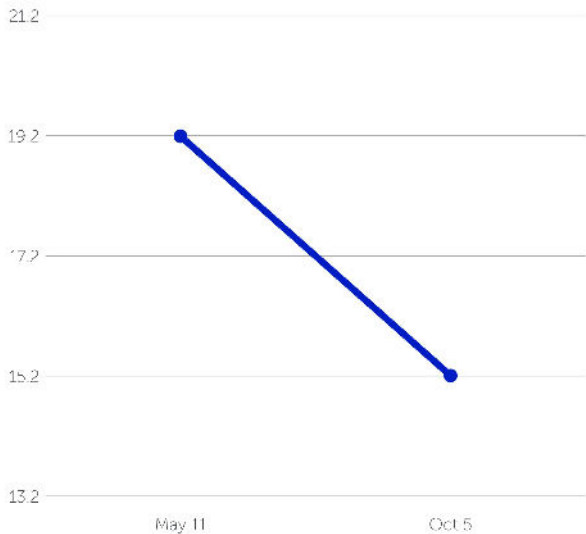
**Android Fat Mass** Net      %

Android Fat Mass	-2.3 lbs	30.6% Loss
------------------	----------	------------



**Gynoid Fat Mass** Net      %

Gynoid Fat Mass	-4.0 lbs	20.7% 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 11

Oct 5

