

Scan History

Recap of your scans	
# of Scans to date	3
Before/After	51 days
Net Loss/Gain	Lost 18.9 in (-6.2%)

Circumference Summary

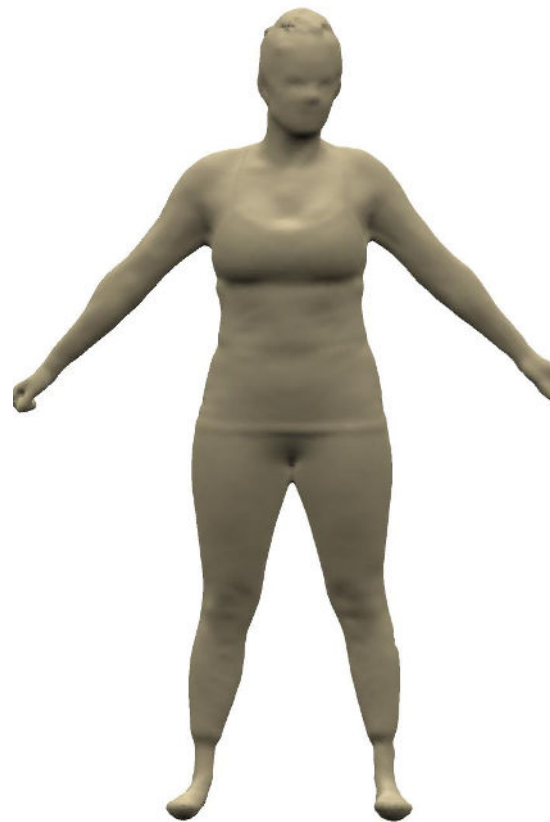
These are the biggest areas of change	
Torso	Lost 14.5 in (-6.8%)
Neck & Arms	Lost 1.2 in (-3.9%)
Legs	Lost 3.1 in (-5.4%)

Composition Summary

Your body composition progress	
Total Weight	Lost 2.0 lbs (-1.4%)
Body Fat %	Lost 6.3% (-16.5%)
Lean Mass %	Gained 6.1% (10.3%)

█ First Scan
Oct 1, 2015

█ Last Scan
Nov 21, 2015



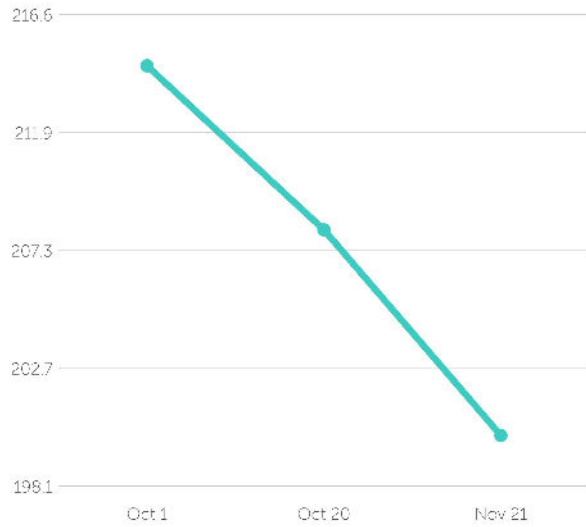
CIRCUMFERENCES - MEASUREMENTS

EXAMPLE STYKU

Circumference (Torso Only)

Net %

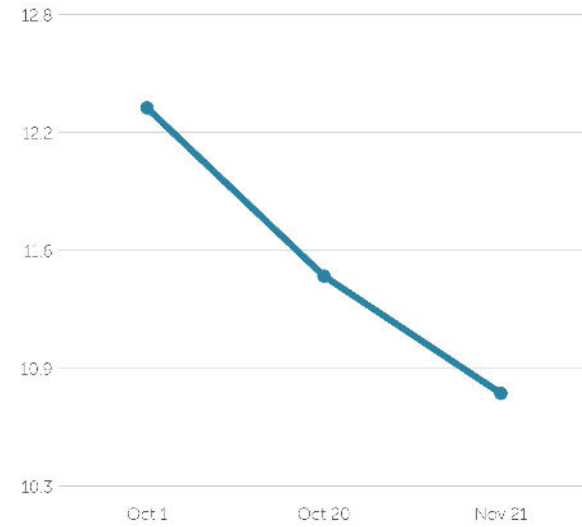
Total Circumference	-14.5 inches	6.8% Loss
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Volume (Torso Only)

Net %

Total Volume	-1.5 gal	12.5% Loss
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Upper Torso

Net %

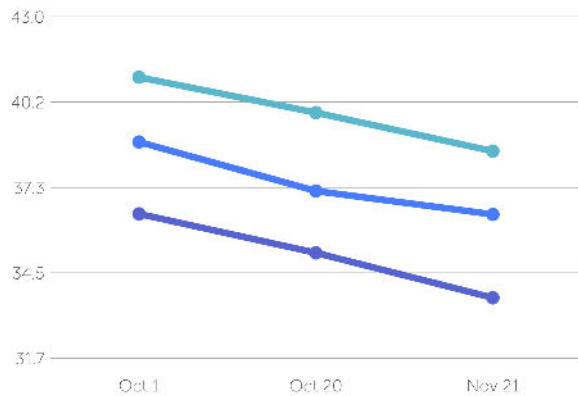
Chest	-1.1 inches	3.1% Loss
Waist (Narrowest)	-2.2 inches	7.2% Loss
Waist (Abdominal)	-3.6 inches	11.1% Loss



Lower Torso

Net %

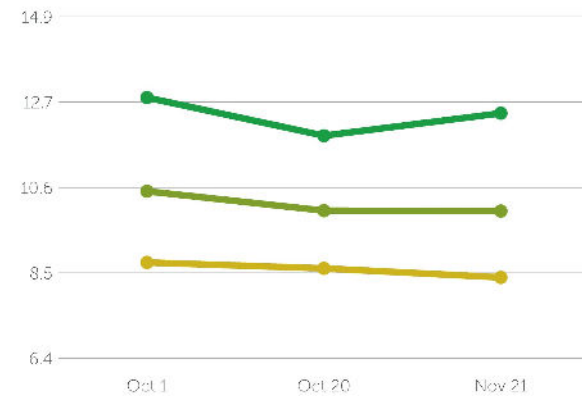
Waist (Lower)	-2.8 inches	7.6% Loss
High Hip	-2.4 inches	6.2% Loss
Hip	-2.4 inches	6.0% Loss



Neck & Arms

Net % Change

Neck	-0.4 inches	3.0% Loss
Bicep	-0.5 inches	4.6% Loss
Forearm	-0.4 inches	4.2% Loss



Legs

Net % Change

Thigh	-1.2 inches	4.9% Loss
Mid-Thigh	-1.0 inches	4.7% Loss
Calf	-1.0 inches	7.6% Loss



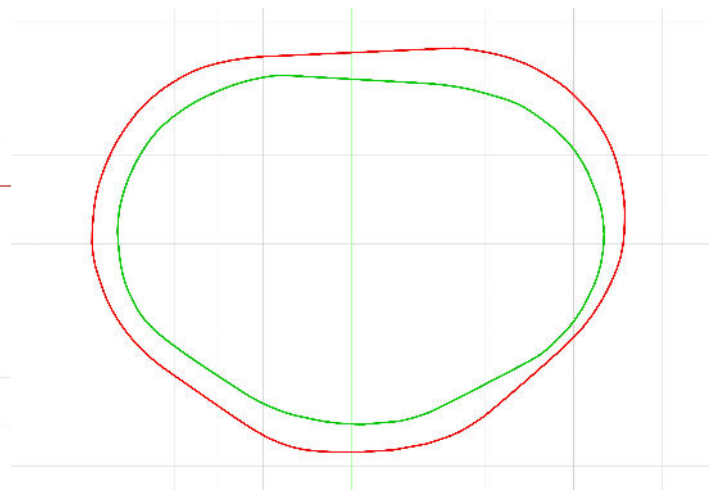
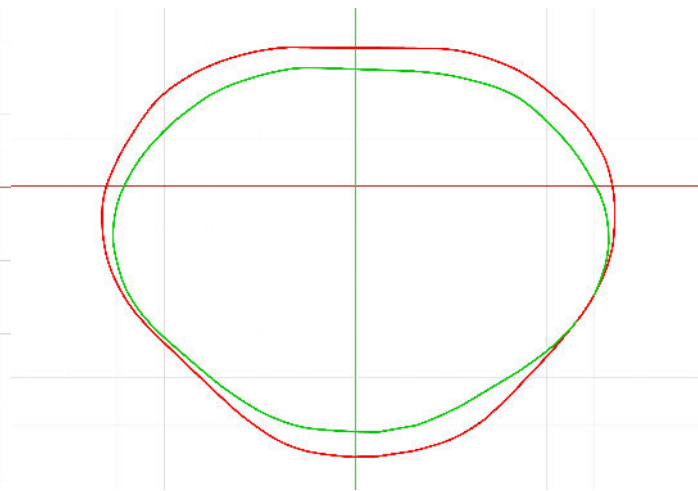
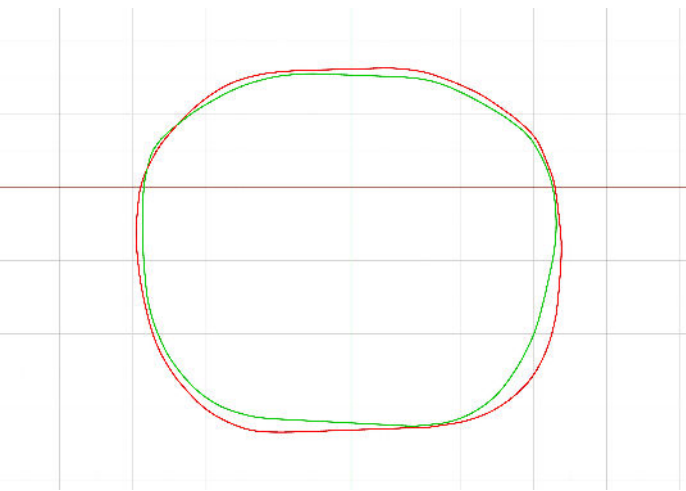
CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE STYKU

	Net	%
Chest	-1.1 inches	3.1% Loss

	Net	%
Waist (Narrowest)	-2.2 inches	7.2% Loss

	Net	%
Waist (Abdominal)	-3.6 inches	11.1% Loss



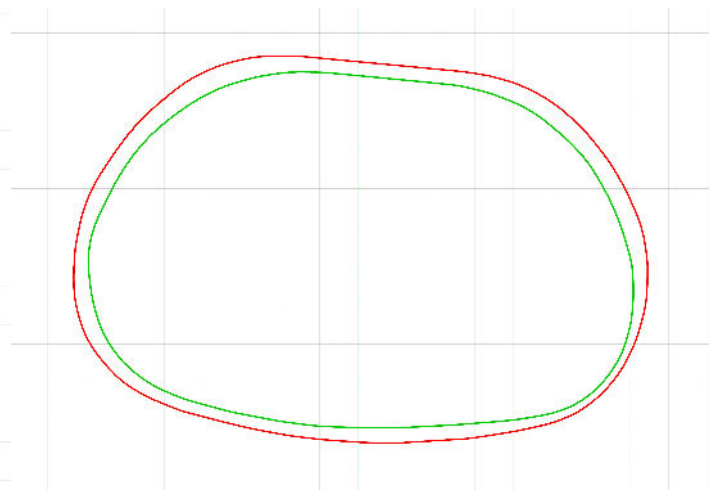
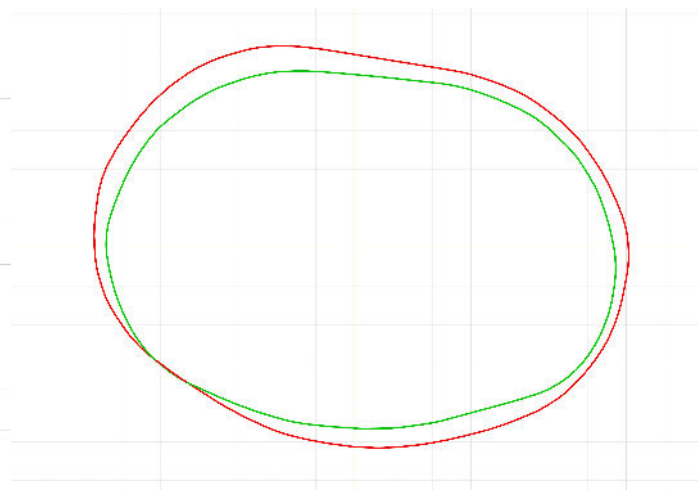
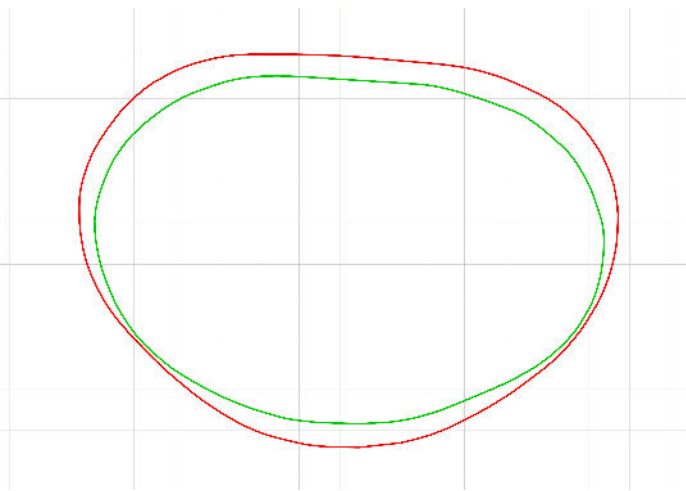
█ First Scan
Oct 1, 2015

█ Last Scan
Nov 21, 2015

	Net	%
Waist (Lower)	-2.8 inches	7.6% Loss

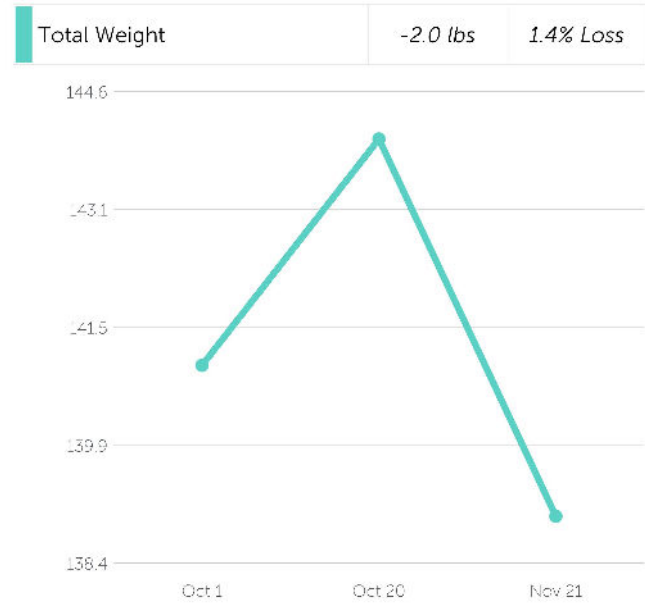
	Net	%
High Hip	-2.4 inches	6.2% Loss

	Net	%
Hip	-2.4 inches	6.0% Loss

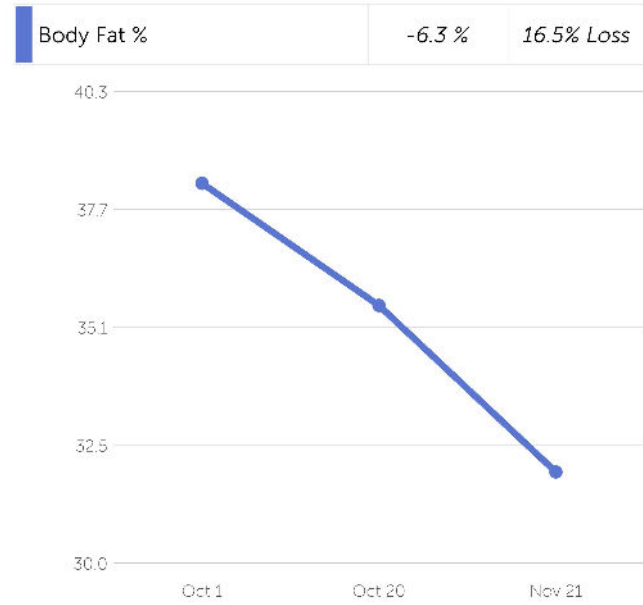


BODY COMPOSITION - FAT AND LEAN MASS

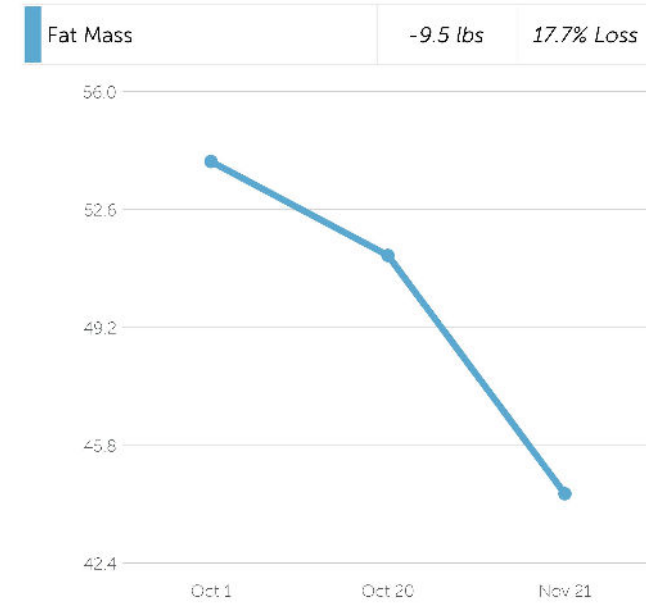
Total Weight Net %



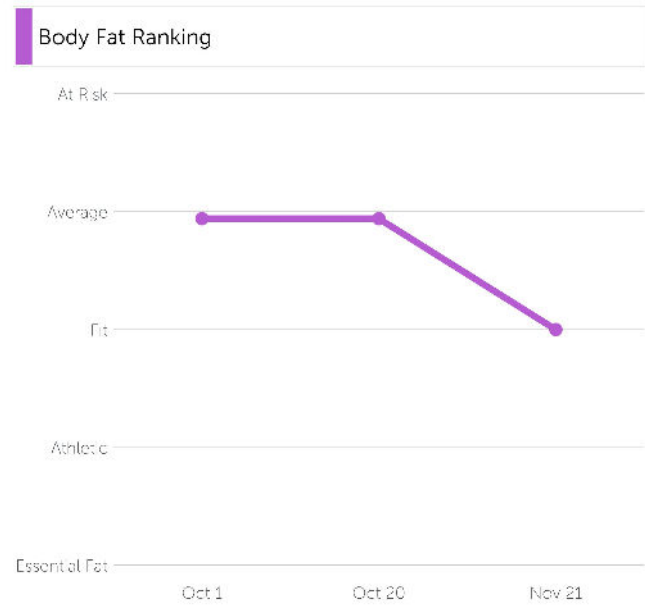
Body Fat % Net %



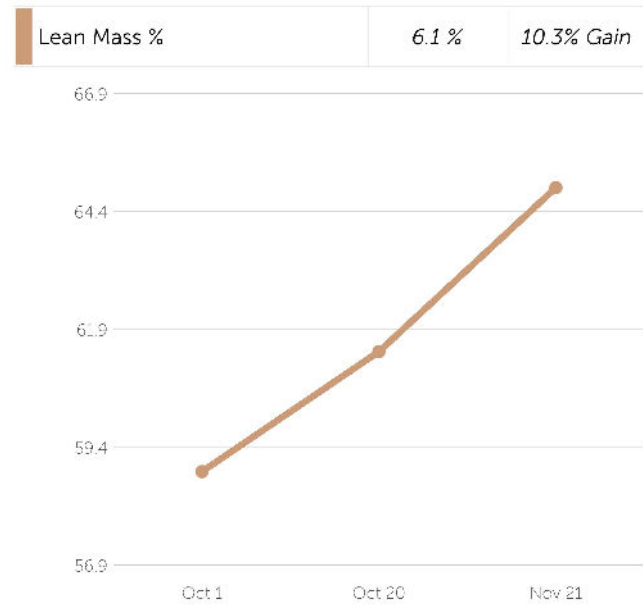
Fat Mass Net %



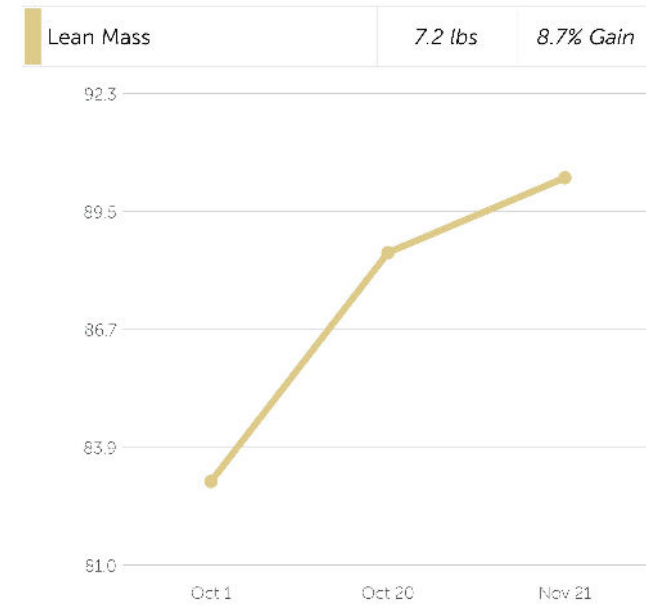
Body Fat Ranking



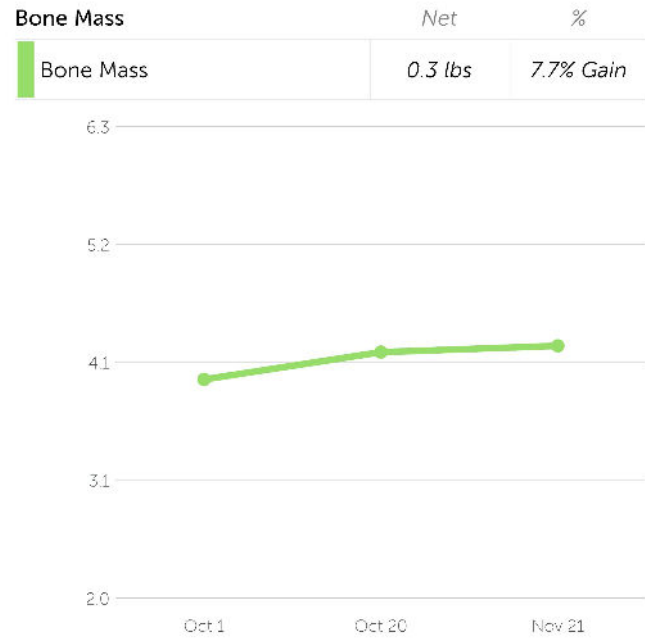
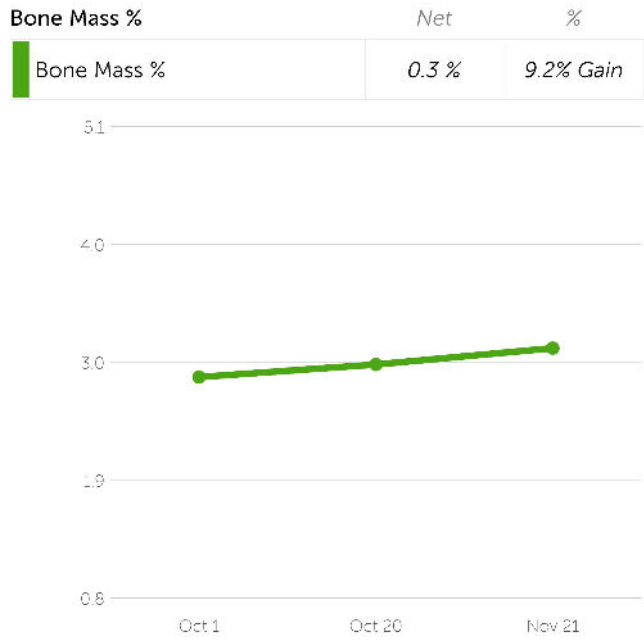
Lean Mass % Net %



Lean Mass Net %



BODY COMPOSITION - MINERAL CONTENT EXAMPLE STYKU



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.

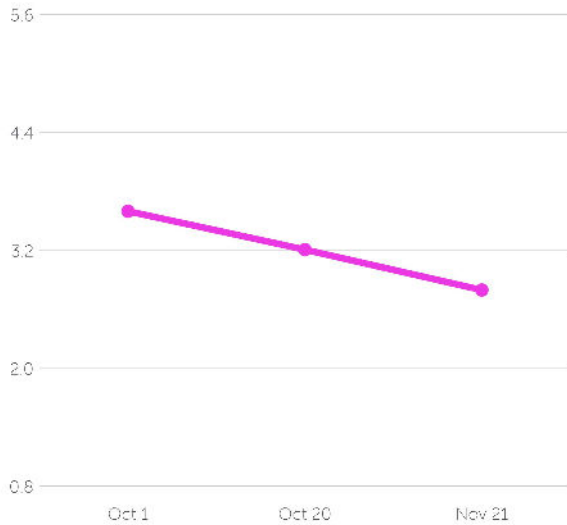
Bone Mass

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

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

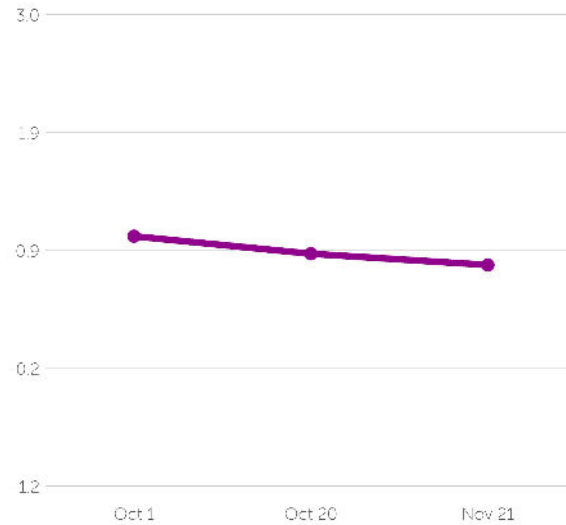
Subcutaneous Fat

	Net	%
Subcutaneous Fat	-0.8 lbs	22.3% Loss



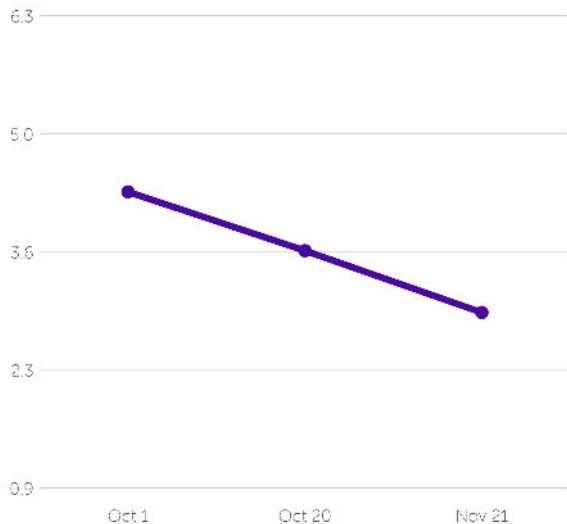
Visceral Fat

	Net	%
Visceral Fat	-0.3 lbs	25.6% Loss



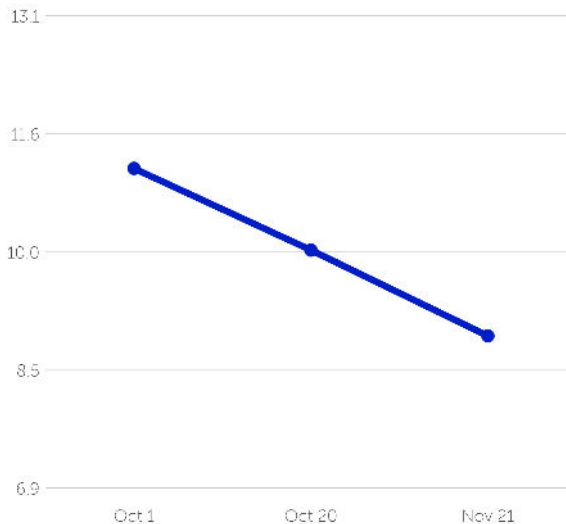
Android Fat Mass

	Net	%
Android Fat Mass	-1.4 lbs	31.8% Loss



Gynoid Fat Mass

	Net	%
Gynoid Fat Mass	-2.2 lbs	19.8% Loss



LEGEND

Subcutaneous Fat

Android 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

Android 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 associated with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

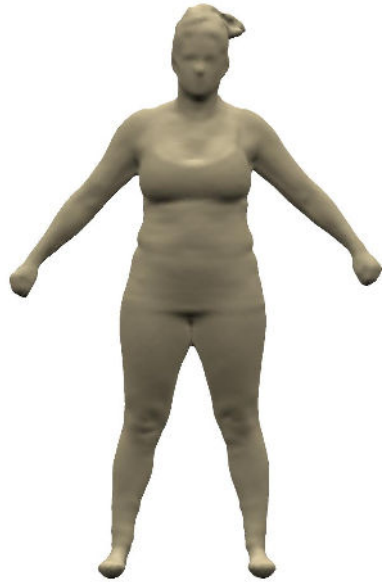
Android Fat Mass

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.

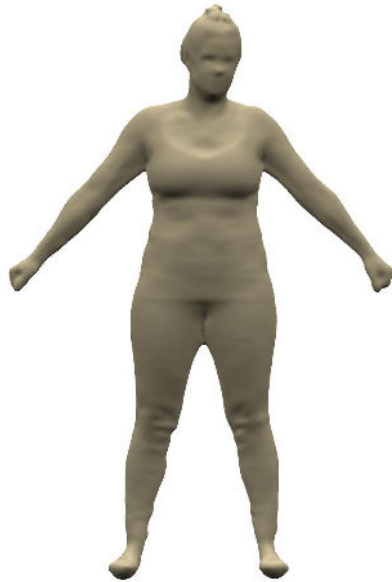
Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.

Oct 1, 2015



Oct 20, 2015



Nov 21, 2015

