

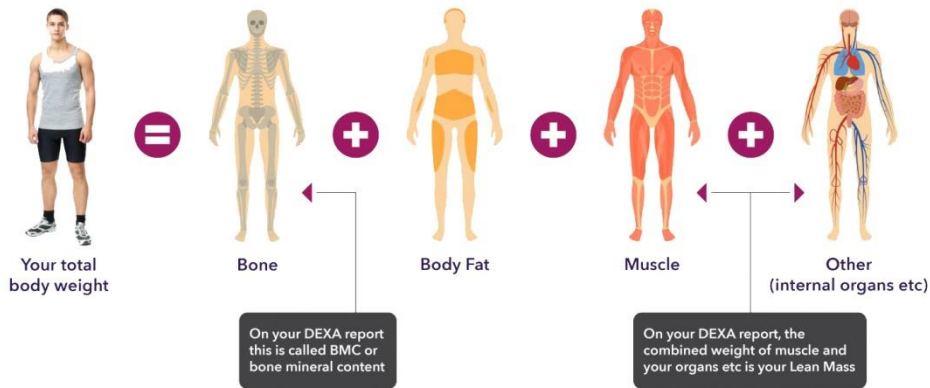
Name:

Date:

Age:

ID:

Body Composition Summary



	Kilograms (Kg)	Percentage (%)
• Total Weight=		
Fat Mass		
Lean Mass (Muscles + Organs)		
Bone Mass		

- **Body Mass Index (BMI):**
- **Bone Mineral Density (BMD):**
- **Resting Metabolic Rate(RMR):**

Healthy Body Fat Ranges for Adults

Underweight	Normal	Overweight	Obese
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Age	Percent Body Fat Range for Women			
20 - 39	0% - 21%	22% - 33%	34% - 39.5%	39.5% - 50%
40 - 59	0% - 23%	24% - 34%	35% - 40%	41% - 50%
60 - 79	0% - 24%	25% - 36%	37% - 41.5%	41.5% - 50%

Age	Percent Body Fat Range for Men			
20 - 39	0% - 7%	8% - 20%	21% - 25%	26% - 50%
40 - 59	0% - 10%	11% - 22%	23% - 28.5%	28.5% - 50%
60 - 79	0% - 12%	13% - 25%	26% - 30%	31% - 50%