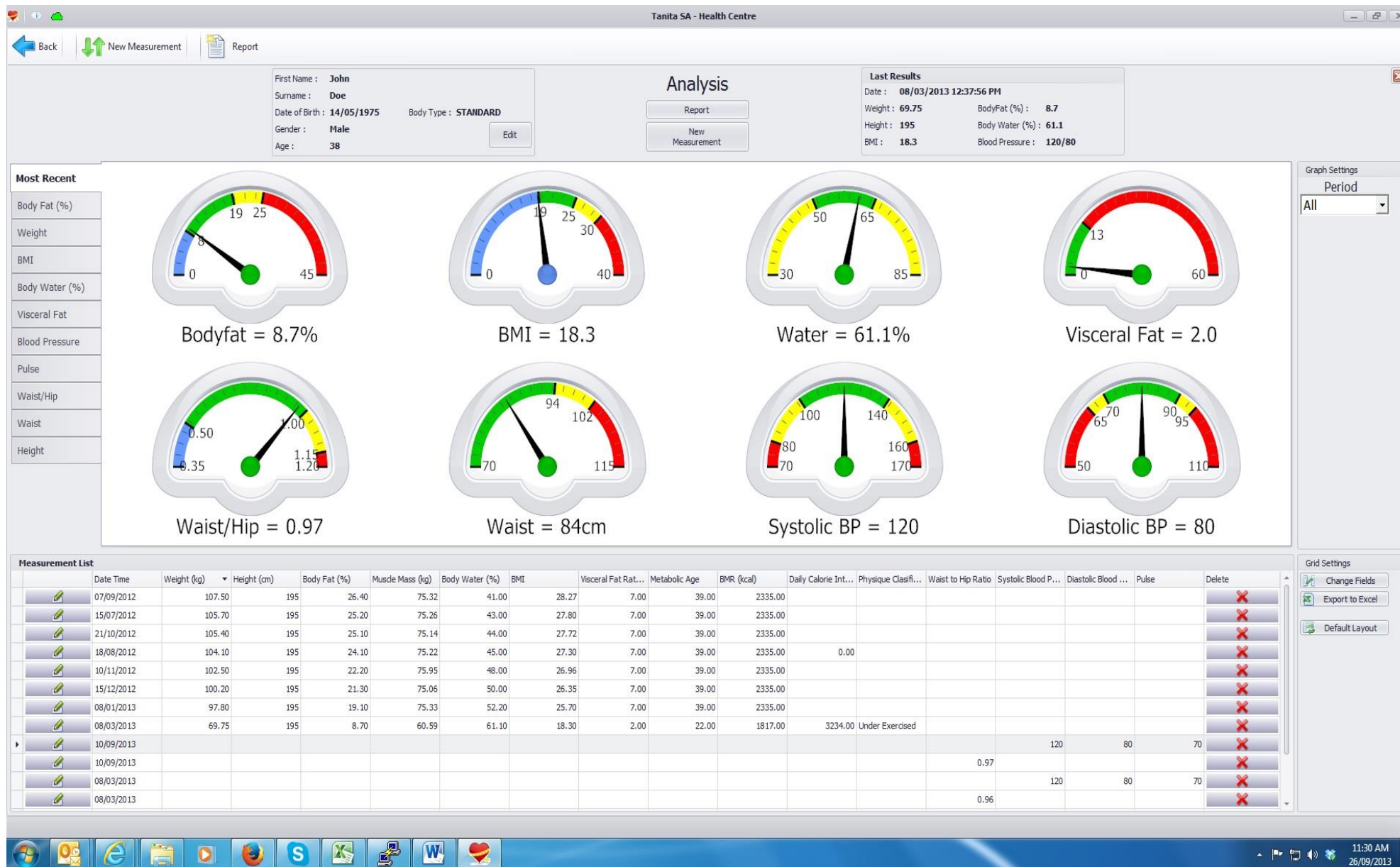


Health Centre PRO - Report



Individual Analysis

Name : **John Doe**
Age : **37**

Gender : **Male**
Body Type : **STANDARD**

Current

Weight (kg) : **97.8**
Height (cm) : **195**
Bone Mass (kg) : **3.8**
Metabolic Age : **39**

Last Measurement Date : **08/01/2013 01:51:45 PM**

History



BMI = 25.7



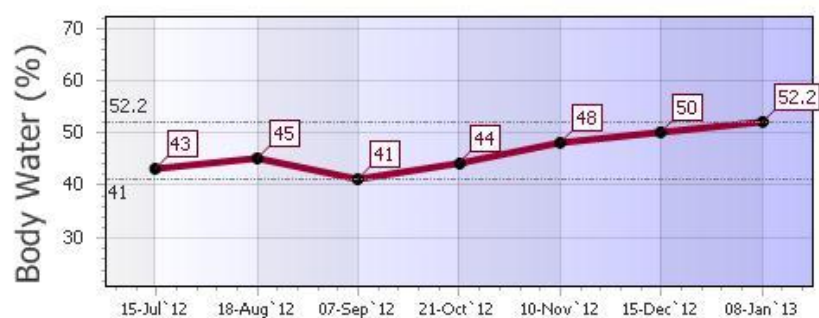
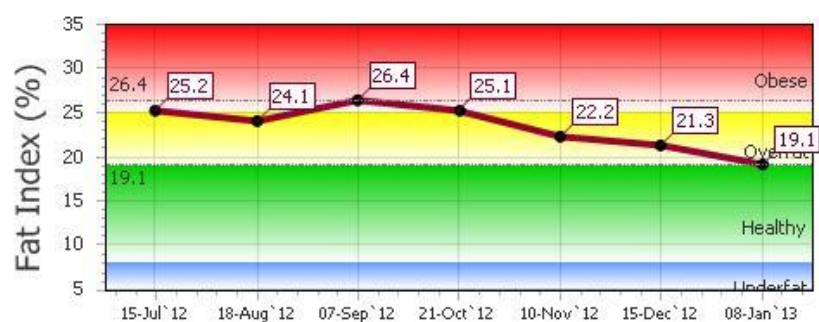
Bodyfat = 19.1%



Body Water = 52.2%



Visceral Fat = 7.0



Measurement Detail

Name **John Doe**

Measurement Device : **SC-240**

Body Type ☒ Std ☐ Athletic

Age **37**

Gender ☒ Male ☐ Female

Measurement Date **2013/08/01 13:51**

Height (cm) **195**

Weight (kg) **97.80**

BMI **25.7**



BMI = 25.7



Bodyfat = 19.1%

Bodyfat (%) **19.1**

Bodyfat Mass (kg) **18.67**

Bone Mass (kg) **3.8**

Muscle Mass (kg) **75.33**

Visceral Fat Rating **7**

Fat Free Mass (kg) **79.13**



Body Water = 52.2%



Visceral Fat = 7.0

Body Water (%) **52.2**

Body Water Mass (kg) **51.05**

Activity Level **Moderate**

BMR (kJ) **9 770**

BMR (kcal) **2 335**

Std Body Weight (kg) **83.70**

Daily Calorie Intake (kcal) **0**

Degree of Obesity(kg) **25.80**

BMR Score **10**

Muscle Score **13**

Metabolic Age **39**

Rohrers Index **0.0**

Impedance Body Ω **499.7**

Save

Close



Group Reports



6 Individuals Selected

Period : 2013/03/01 to 2013/09/26



Health Grid



Group Analysis



Biggest Loser

☐ Include Blood Pressure



Group Period Comparison



Group Progress (Weekly)

Close