DASHBOARD

Scan History

Recap of your scans	
# of Scans to date	6
Before/After	11 days
Net Loss/Gain	Lost 4.5 in (-1.5%)

Circumference Summary

These are the biggest areas of change	
Torso	Lost 5.8 in (-2.9%)
Neck & Arms	Gained 1.2 in (3.4%)
Legs	Gained 0.1 in (0.1%)

Composition Summary

Your body composition progress	
Total Weight	Lost 4.0 lbs (-2.4%)
Body Fat %	Lost 1.6% (-8.9%)
Lean Mass %	Gained 1.5% (2.0%)

First Scan
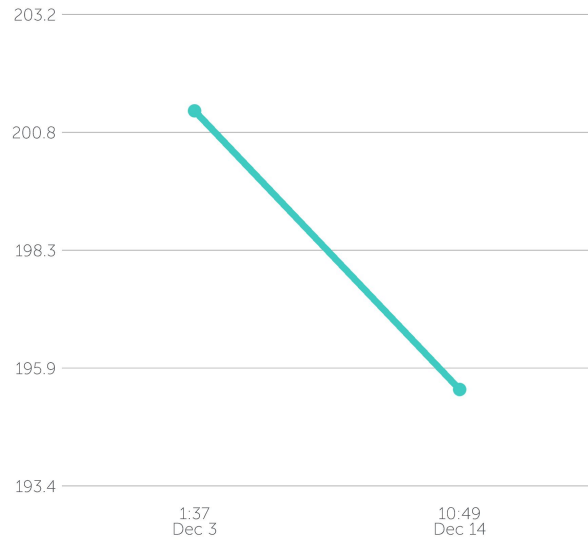1:37 Dec 3, 2018

Last Scan
10:49 Dec 14, 2018
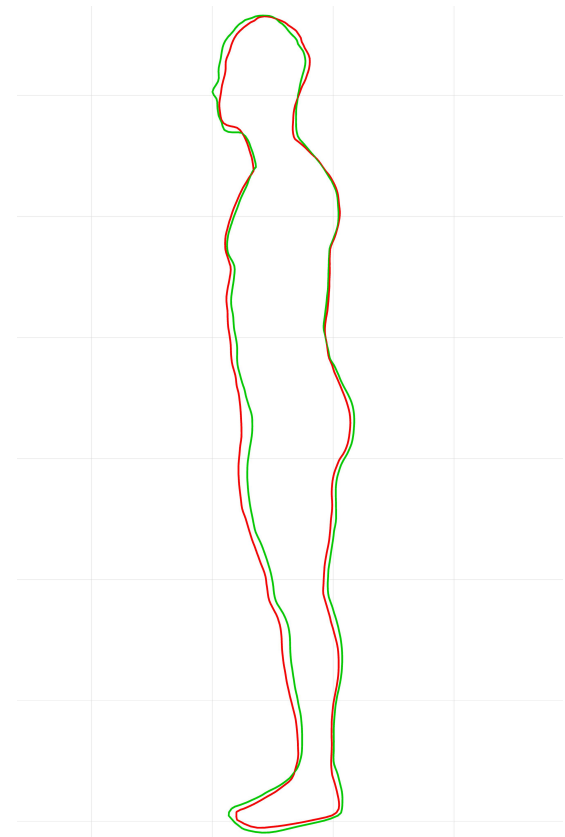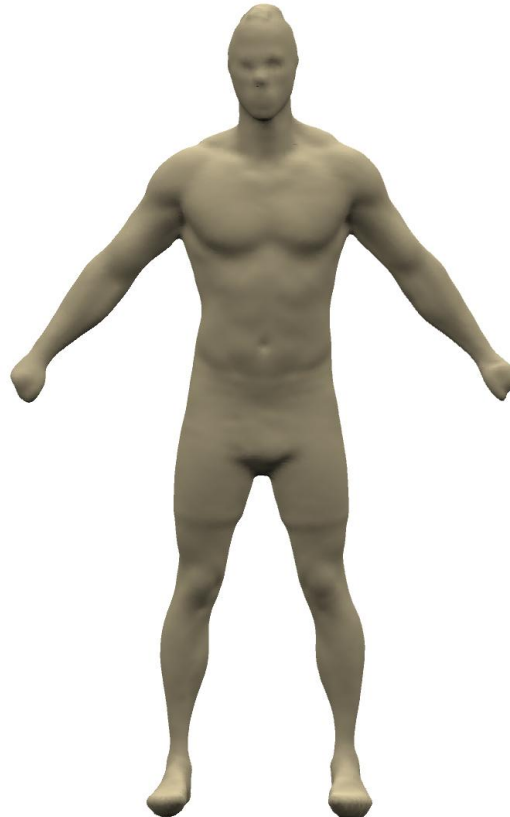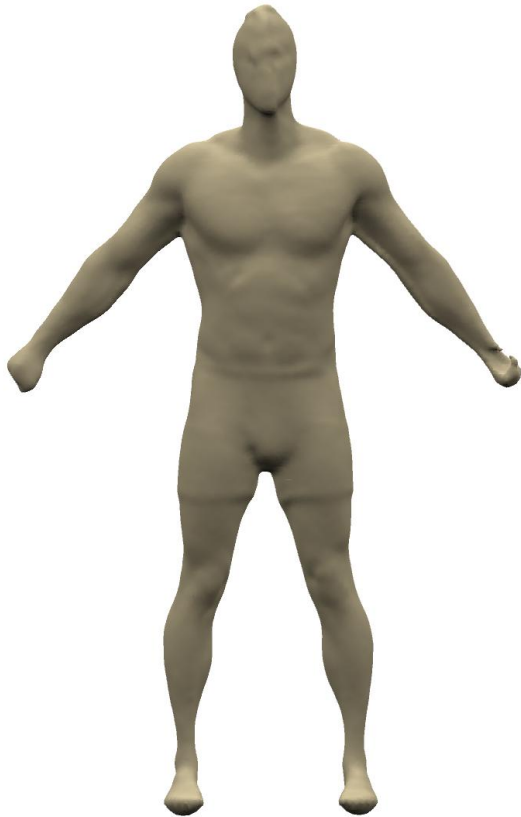
CIRCUMFERENCES - MEASUREMENTS
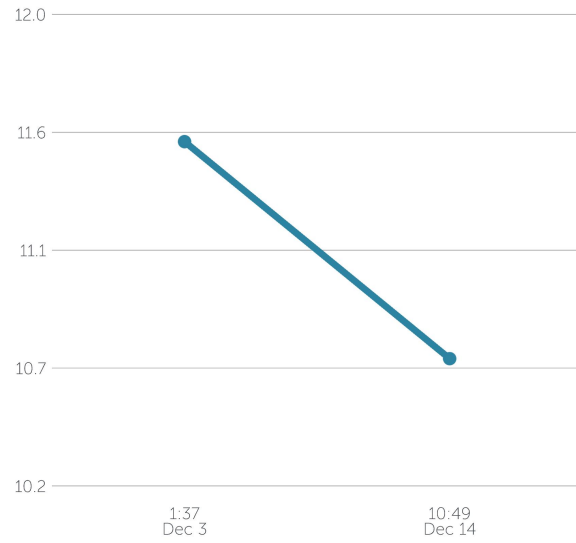
Circumference (Torso Only)	Net	%
Total Circumference	-5.8 inches	2.9% Loss

Volume (Torso Only)	Net	%
Total Volume	-0.9 gal	7.4% Loss

Upper Torso	Net	%
Chest	-1.3 inches	3.3% Loss
Waist (Narrowest)	-1.2 inches	4.2% Loss
Waist (Abdominal)	-0.9 inches	3.1% Loss
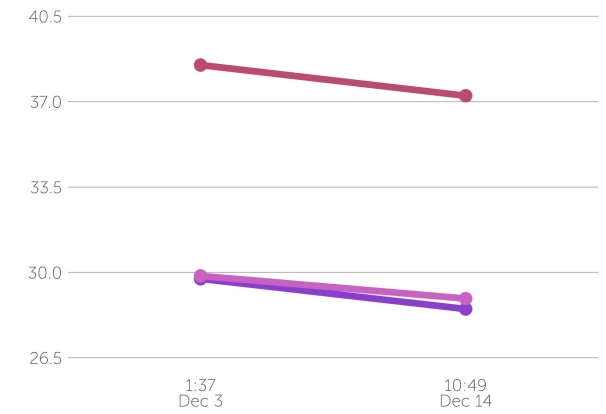
Lower Torso	Net	%
Waist (Lower)	-0.4 inches	1.3% Loss
High Hip	-0.9 inches	2.6% Loss
Hip	-1.1 inches	2.9% Loss
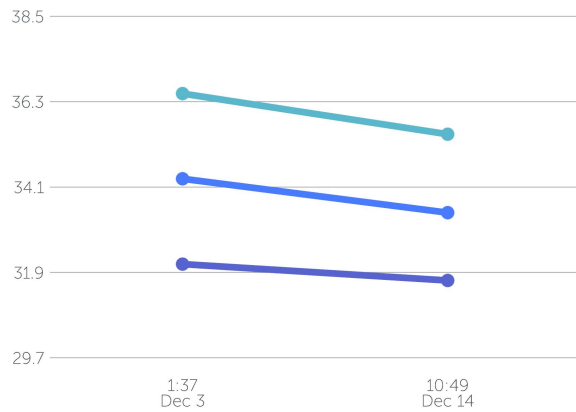
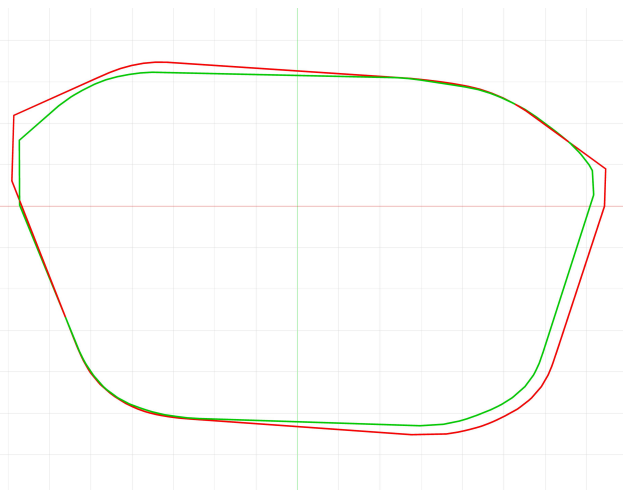| Neck & Arms	Net	% Change
Neck	0.9 inches	7.2% Gain
Bicep	0.4 inches	3.1% Gain
Forearm	-0.1 inches	0.6% Loss
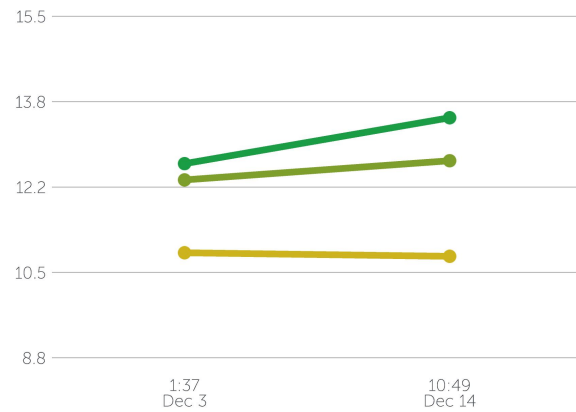
Legs	Net	% Change
Thigh	-0.2 inches	0.7% Loss
Mid-Thigh	0.6 inches	3.0% Gain
Calf	-0.4 inches	2.8% Loss
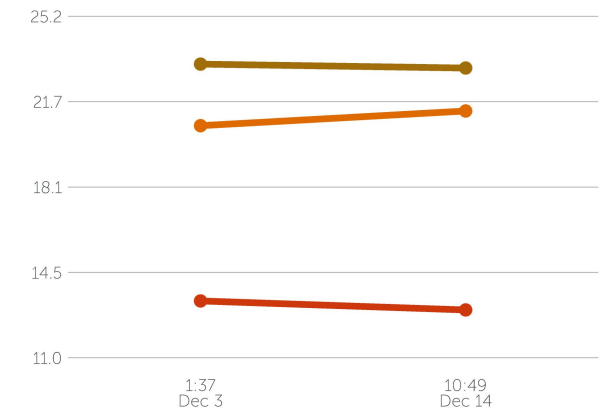
CIRCUMFERENCES - TORSO CROSS-SECTIONS

Chest	Net	%
Chest	-1.3 inches	3.3% Loss

Waist (Narrowest)	Net	%
Waist (Narrowest)	-1.2 inches	4.2% Loss
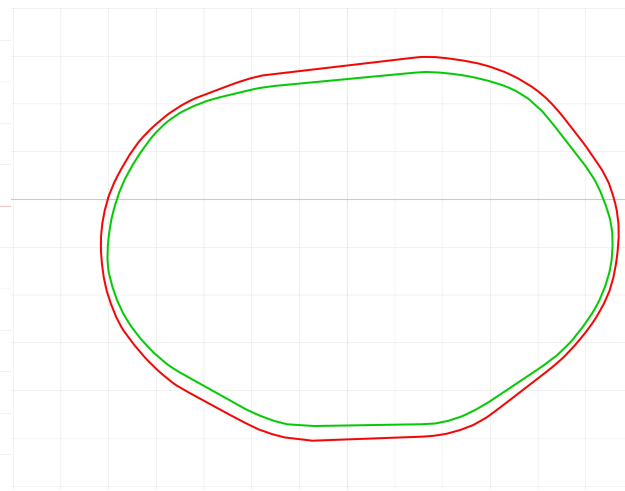
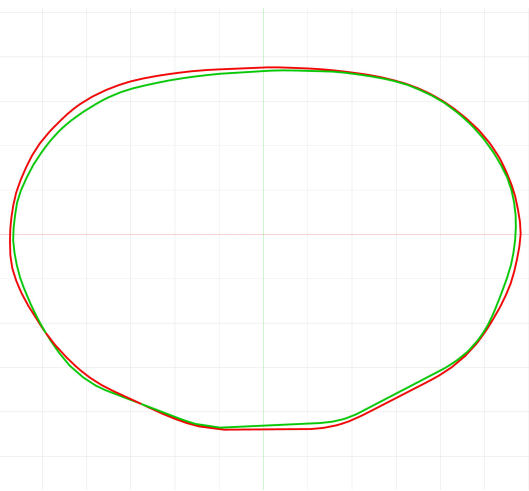| Waist (Abdominal)	Net	%
Waist (Abdominal)	-0.9 inches	3.1% Loss
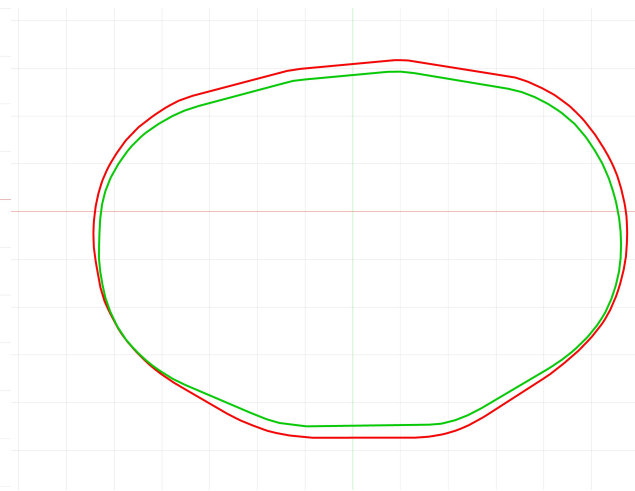
First Scan
1:37 Dec 3, 2018

Last Scan
10:49 Dec 14, 2018

Waist (Lower)	Net	%
Waist (Lower)	-0.4 inches	1.3% Loss

High Hip	Net	%
High Hip	-0.9 inches	2.6% Loss
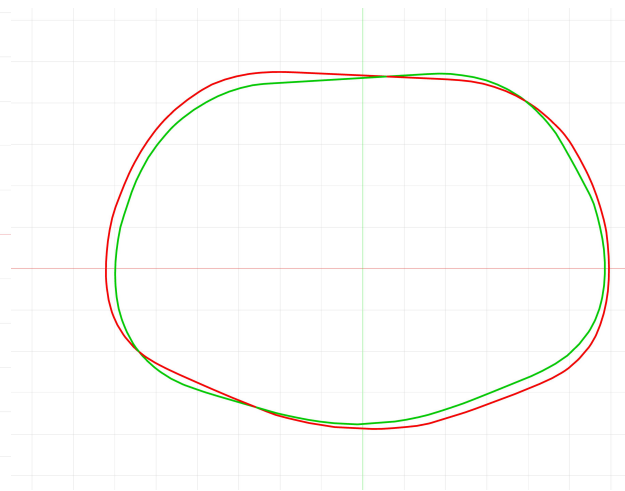
Hip	Net	%
Hip	-1.1 inches	2.9% Loss
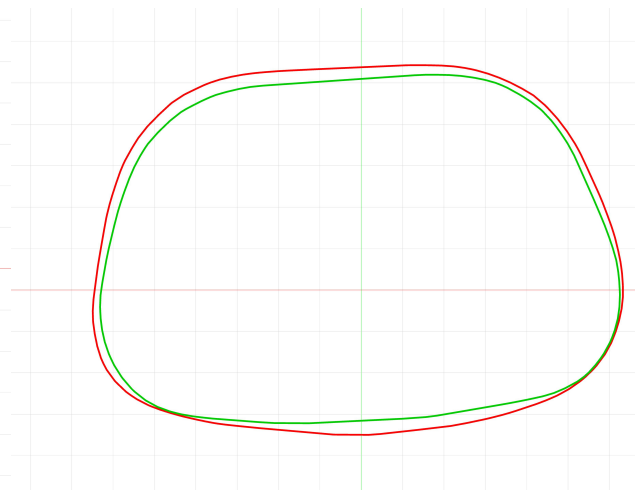
BODY COMPOSITION - FAT AND LEAN MASS

Total Weight	Net	%
Total Weight	-4.0 lbs	2.4% Loss
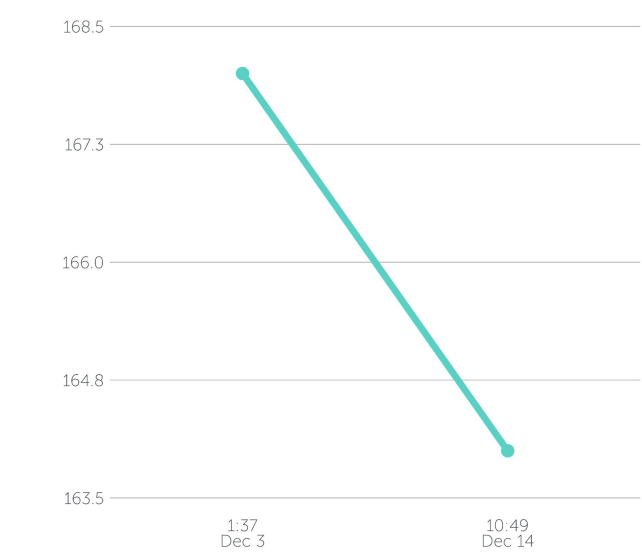
Body Fat %	Net	%
Body Fat %	-1.6 %	8.9% Loss
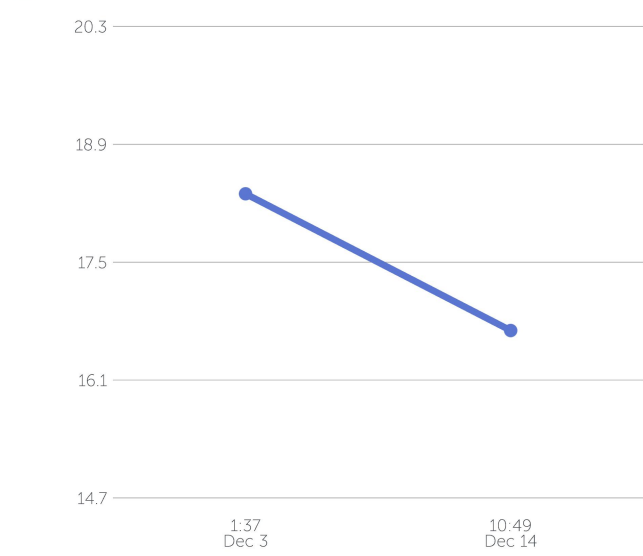
Fat Mass	Net	%
Fat Mass	-3.4 lbs	11.1% Loss
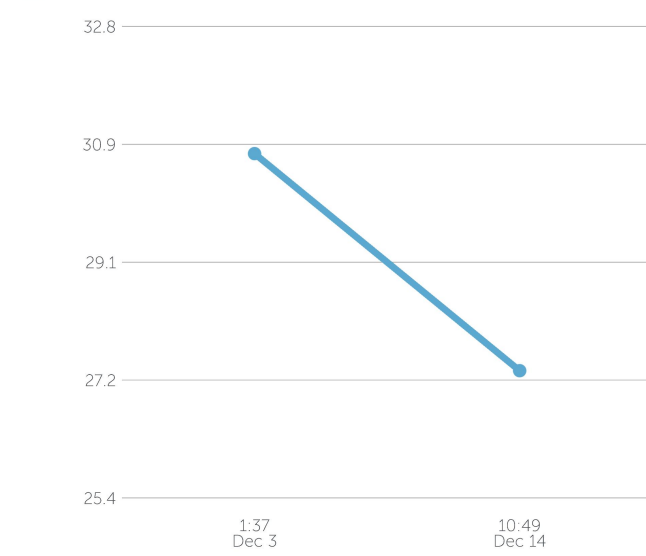
Body Fat Ranking		
Body Fat Ranking		

Lean Mass %	Net	%
Lean Mass %	1.5 %	2.0% Gain
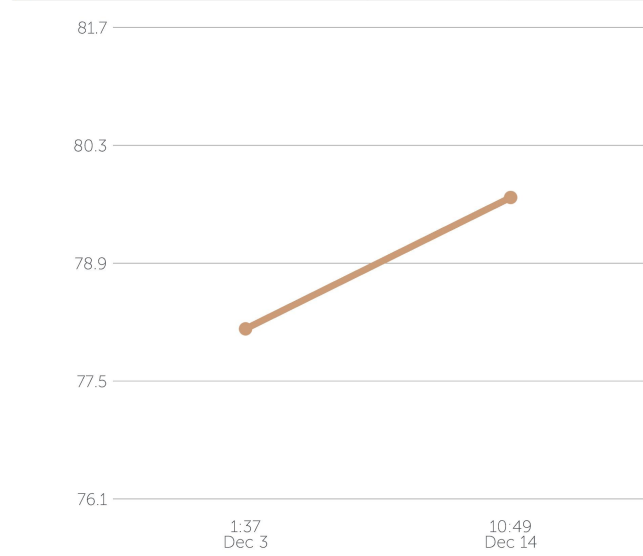
Lean Mass	Net	%
Lean Mass	-0.6 lbs	0.5% Loss
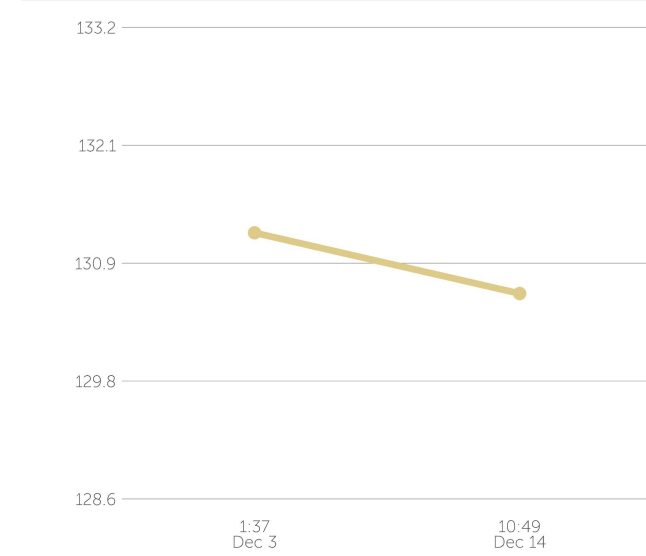
BODY COMPOSITION - MINERAL CONTENT

Bone Mass %	Net	%
▮ Bone Mass %	0.1 %	2.5% Gain

5.7

4.6

3.6

2.6

1.6

1:37
Dec 3

10:49
Dec 14

Bone Mass	Net	%
▮ Bone Mass	0.0 lbs	0.1% Gain

8.0

7.0

6.0

5.0

4.0

1:37
Dec 3

10:49
Dec 14
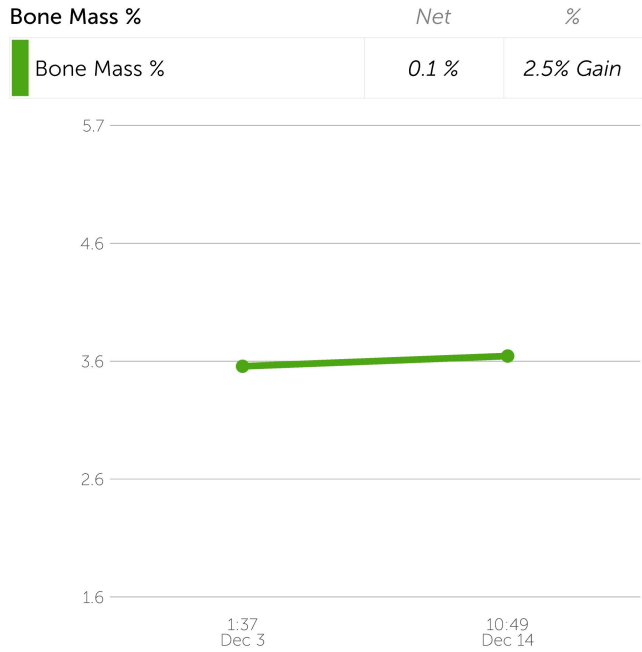
LEGEND

▮ **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.
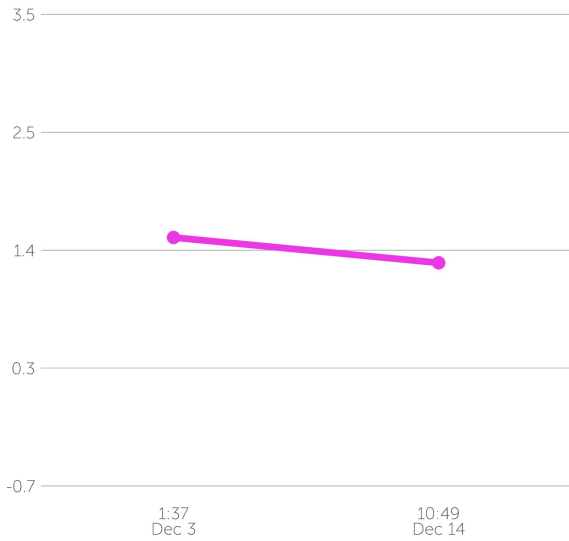
▮ **Bone Mass**

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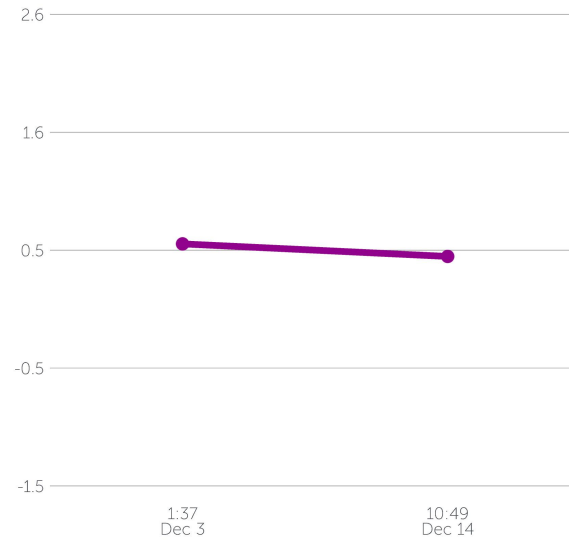
Styku

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

Subcutaneous Fat	Net	%
Subcutaneous Fat	-0.2 lbs	14.9% Loss

3.5

2.5

1.4

0.3

-0.7

1:37 Dec 3	10:49 Dec 14

Visceral Fat	Net	%
Visceral Fat	-0.1 lbs	18.7% Loss

2.6

1.6

0.5

-0.5

-1.5

1:37 Dec 3	10:49 Dec 14

Android Fat Mass	Net	%
Android Fat Mass	-0.4 lbs	17.9% Loss

4.3

3.2

2.1

1.0

-0.1

1:37 Dec 3	10:49 Dec 14

Gynoid Fat Mass	Net	%
Gynoid Fat Mass	-1.0 lbs	9.5% Loss

12.9

11.6

10.3

9.1

7.8

1:37 Dec 3	10:49 Dec 14

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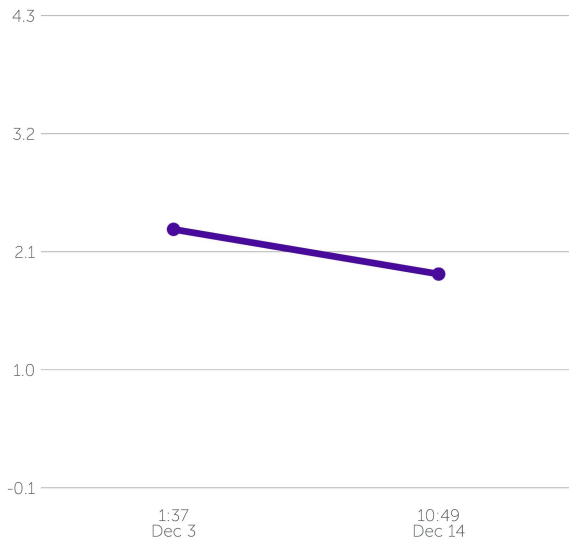
Android Fat Mass

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.
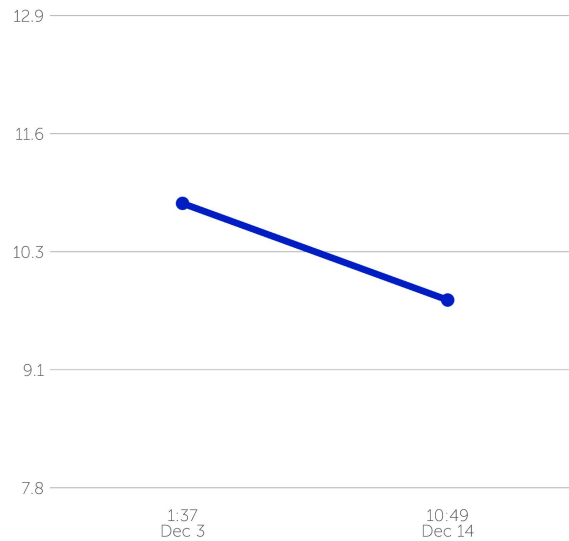
Styku

3D SCANS

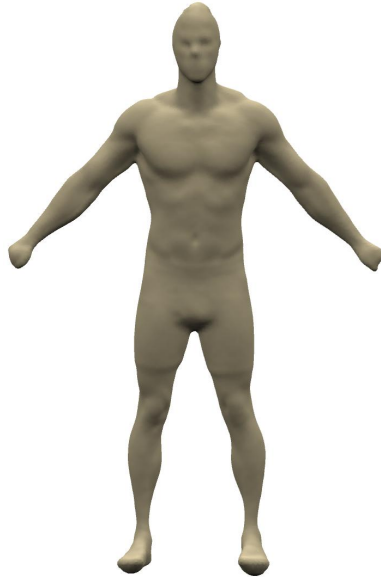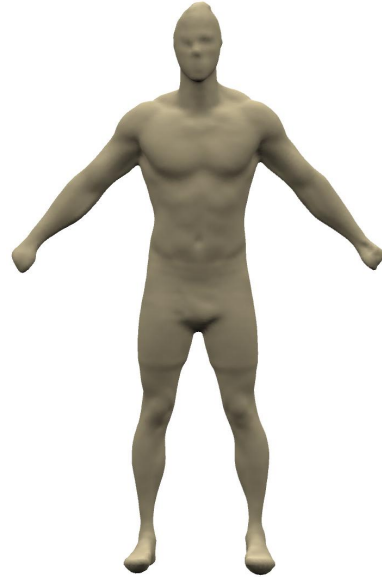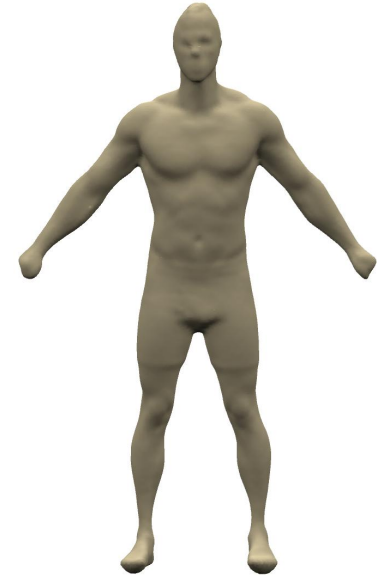1:37 Dec 3, 2018   10:42 Dec 14, 2018   10:45 Dec 14, 2018   10:46 Dec 14, 2018   10:47 Dec 14, 2018