

### Scan History

Recap of your scans

# of Scans to date	4
Before/After	195 days
Net Loss/Gain	Lost 24.6 in (-6.5%)

### Circumference Summary

These are the biggest areas of change

Torso	Lost 18.5 in (-6.9%)
Neck & Arms	Lost 2.1 in (-5.9%)
Legs	Lost 3.9 in (-5.3%)

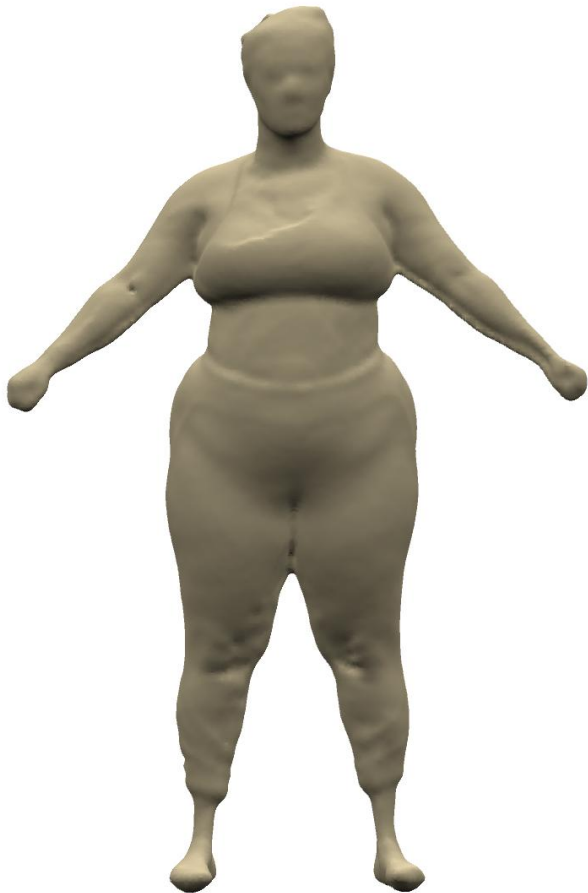
### Composition Summary

Your body composition progress

Total Weight	Lost 18.0 lbs (-8.3%)
Body Fat %	Lost 3.2% (-7.0%)
Lean Mass %	Gained 3.0% (5.9%)

█ First Scan  
May 5

█ Last Scan  
Nov 16

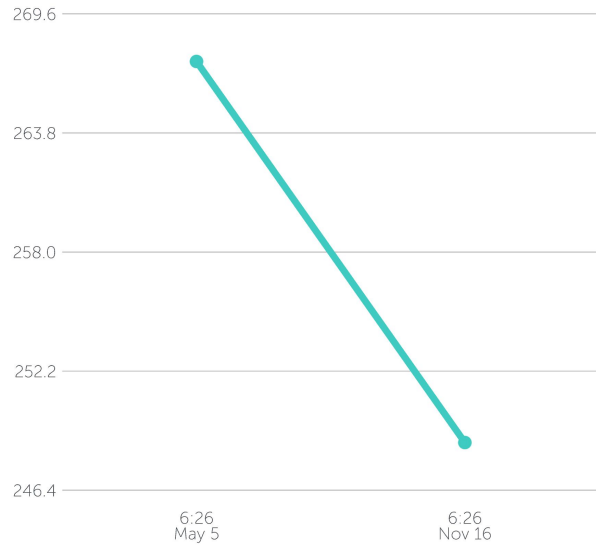


## CIRCUMFERENCES - MEASUREMENTS

## EXAMPLE FEMALE

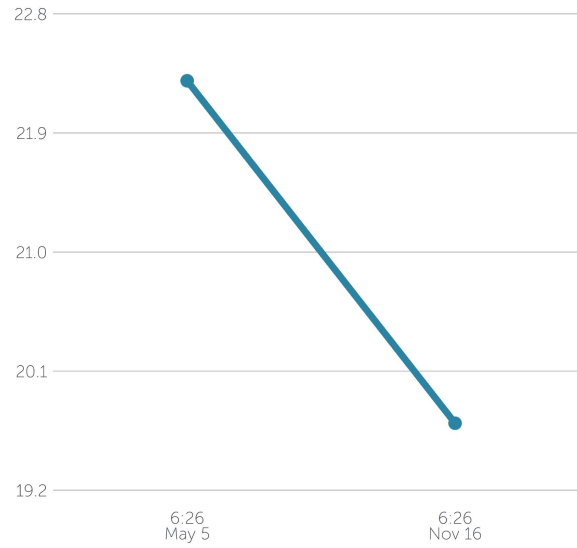
### Circumference (Torso Only)

	Net	%
Total Circumference	-18.5 inches	6.9% Loss



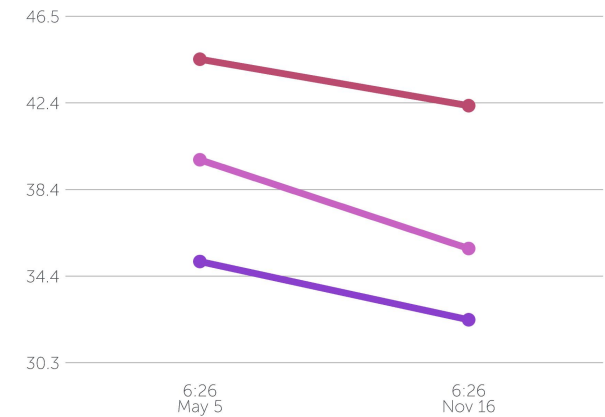
### Volume (Torso Only)

	Net	%
Total Volume	-2.6 gal	11.5% Loss



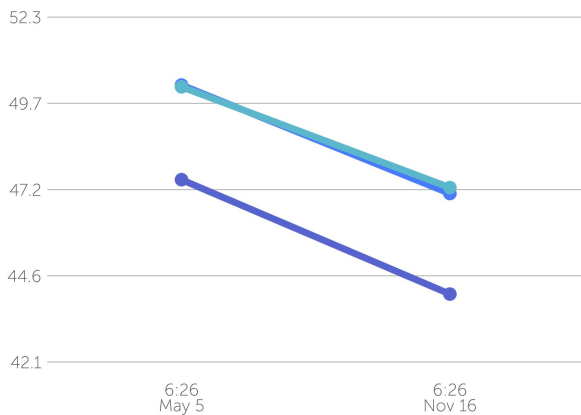
### Upper Torso

	Net	%
Chest	-2.2 inches	4.9% Loss
Waist (Narrowest)	-2.7 inches	7.7% Loss
Waist (Abdominal)	-4.1 inches	10.4% Loss



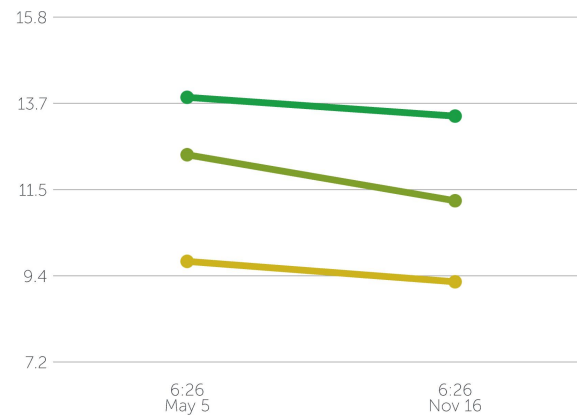
### Lower Torso

	Net	%
Waist (Lower)	-3.4 inches	7.1% Loss
High Hip	-3.2 inches	6.4% Loss
Hip	-3.0 inches	5.9% Loss



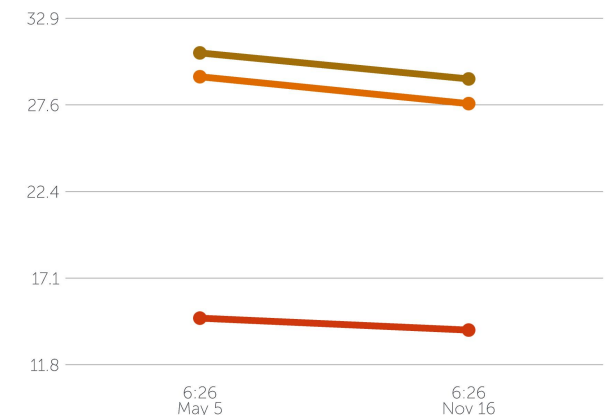
### Neck & Arms

	Net	% Change
Neck	-0.5 inches	3.4% Loss
Bicep	-1.1 inches	9.2% Loss
Forearm	-0.5 inches	5.2% Loss



### Legs

	Net	% Change
Thigh	-1.6 inches	5.1% Loss
Mid-Thigh	-1.6 inches	5.6% Loss
Calf	-0.7 inches	5.0% Loss



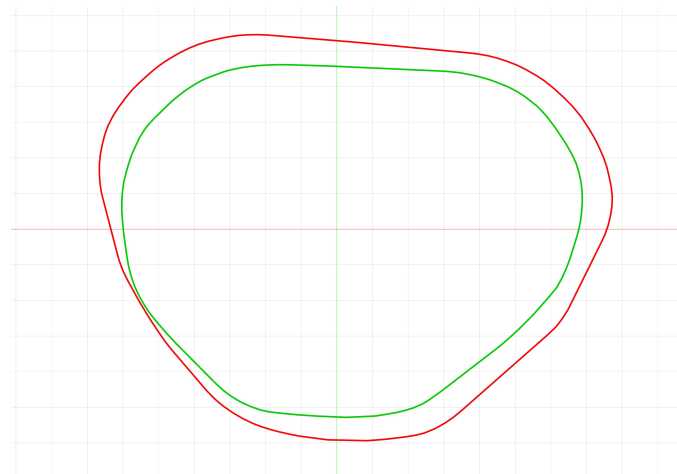
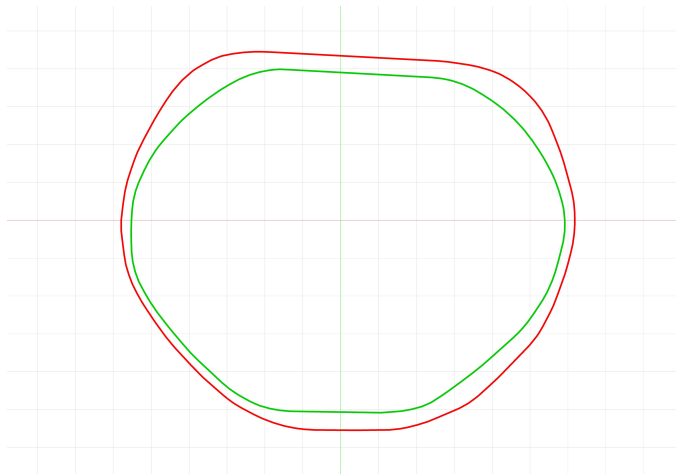
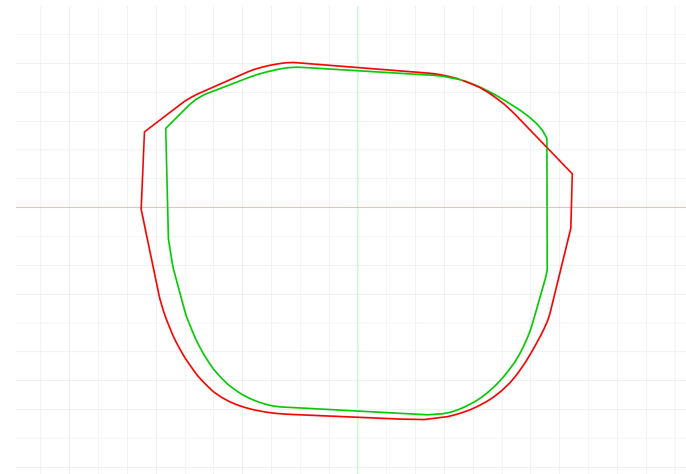
## CIRCUMFERENCES - TORSO CROSS-SECTIONS

## EXAMPLE FEMALE

	Net	%
Chest	-2.2 inches	4.9% Loss

	Net	%
Waist (Narrowest)	-2.7 inches	7.7% Loss

	Net	%
Waist (Abdominal)	-4.1 inches	10.4% Loss

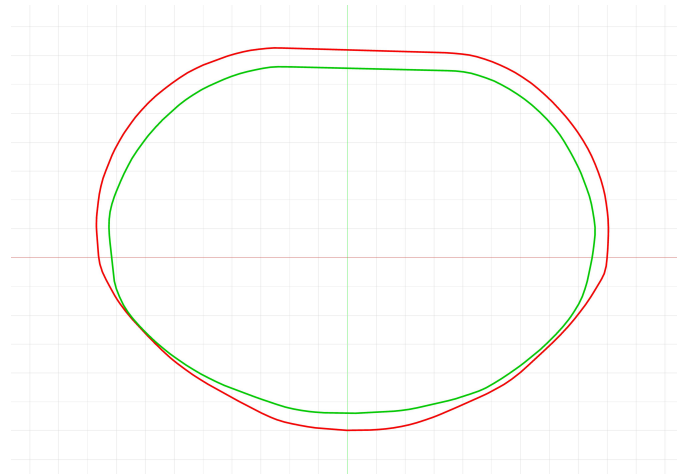
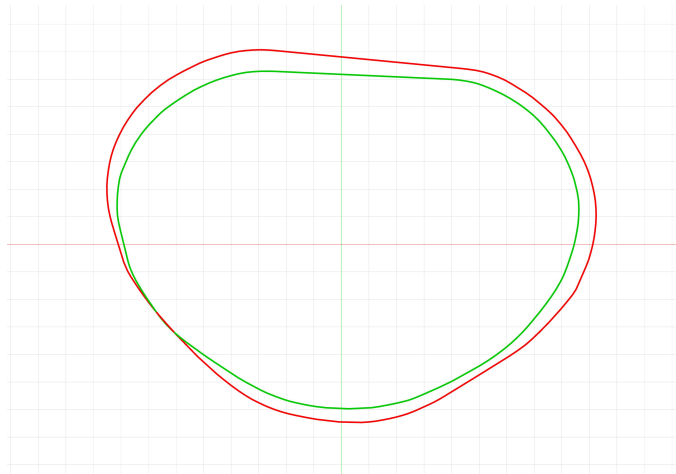
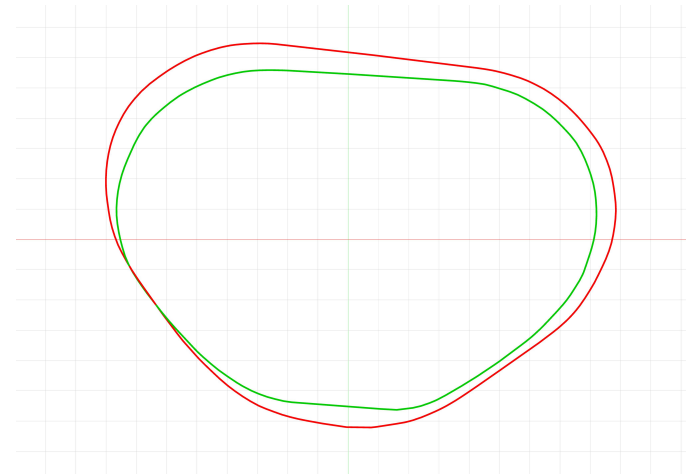


█ First Scan 6:26 May 5, 2016
 █ Last Scan 6:26 Nov 16, 2016

	Net	%
Waist (Lower)	-3.4 inches	7.1% Loss

	Net	%
High Hip	-3.2 inches	6.4% Loss

	Net	%
Hip	-3.0 inches	5.9% Loss

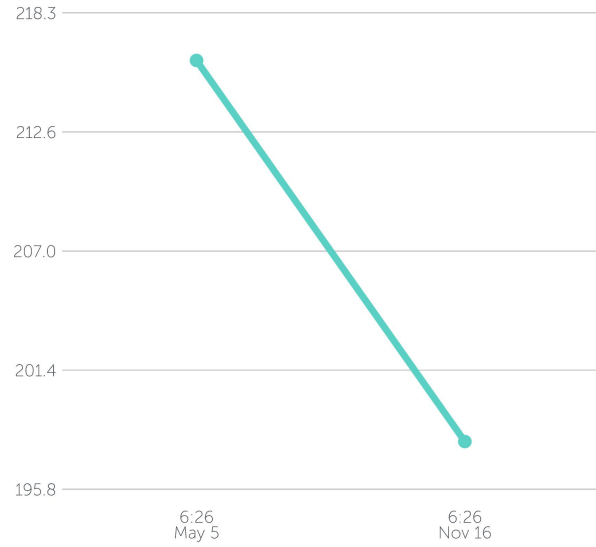


## BODY COMPOSITION - FAT AND LEAN MASS

## EXAMPLE FEMALE

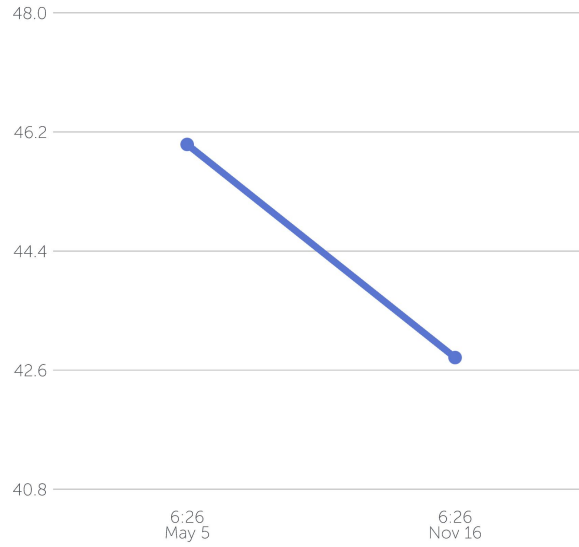
### Total Weight

	Net	%
Total Weight	-18.0 lbs	8.3% Loss



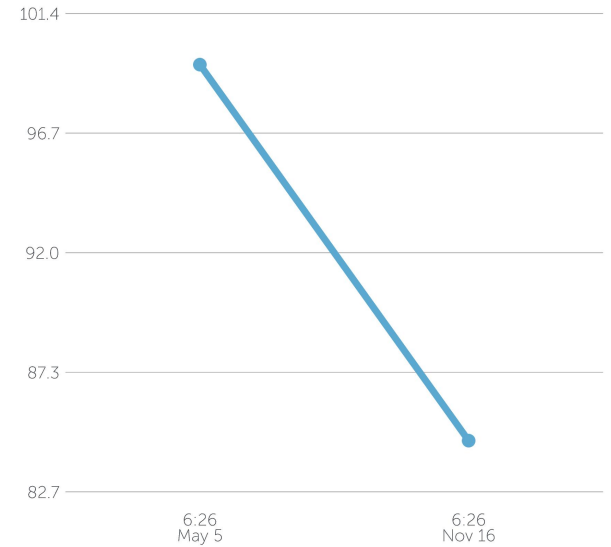
### Body Fat %

	Net	%
Body Fat %	-3.2 %	7.0% Loss



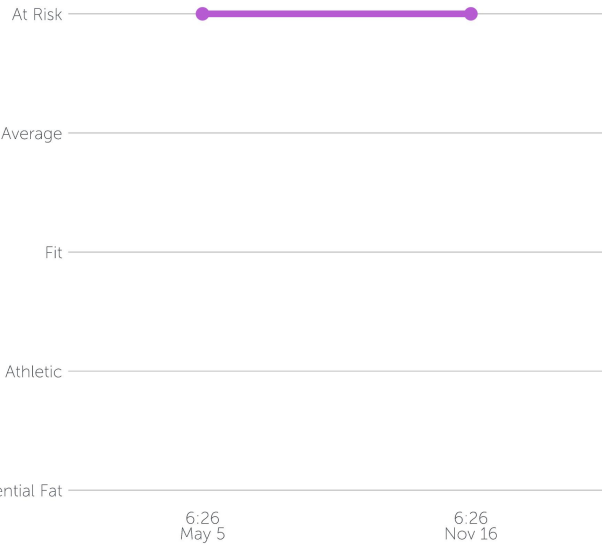
### Fat Mass

	Net	%
Fat Mass	-14.7 lbs	14.8% Loss



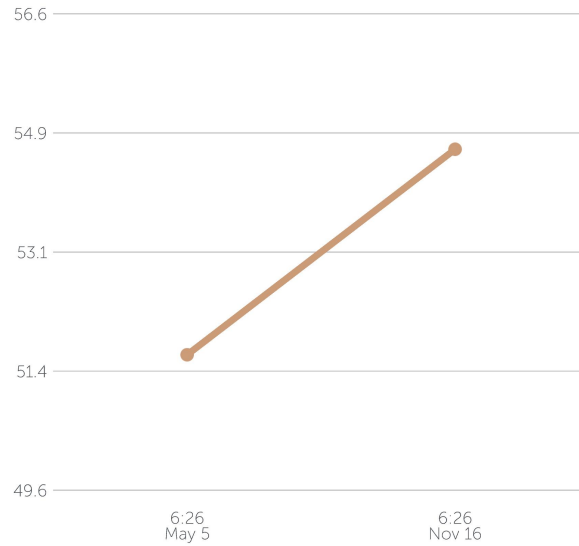
### Body Fat Ranking

	Net	%
Body Fat Ranking		



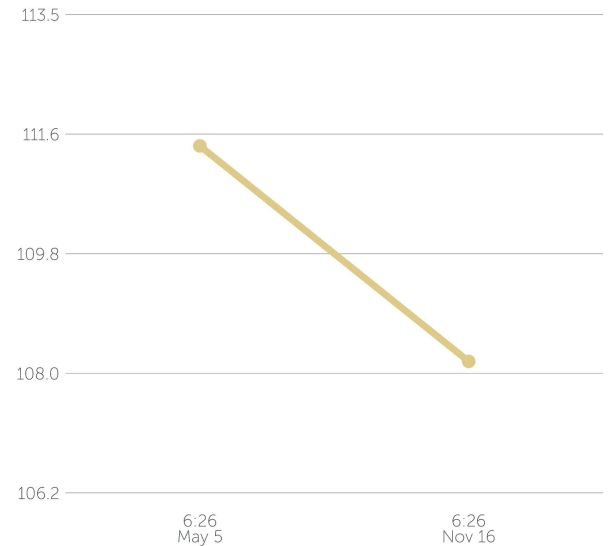
### Lean Mass %

	Net	%
Lean Mass %	3.0 %	5.9% Gain



### Lean Mass

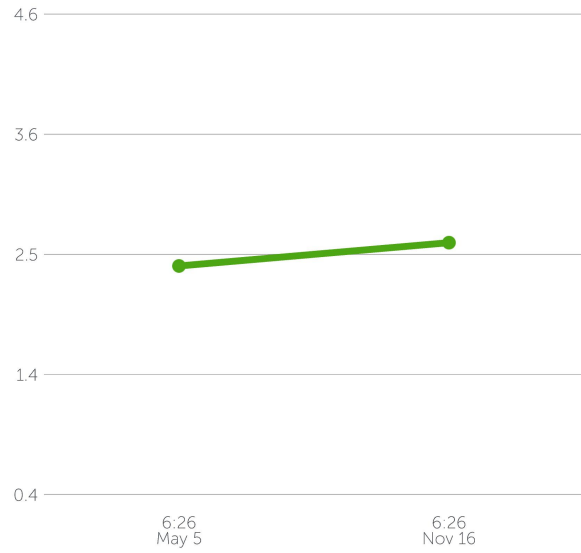
	Net	%
Lean Mass	-3.3 lbs	2.9% Loss



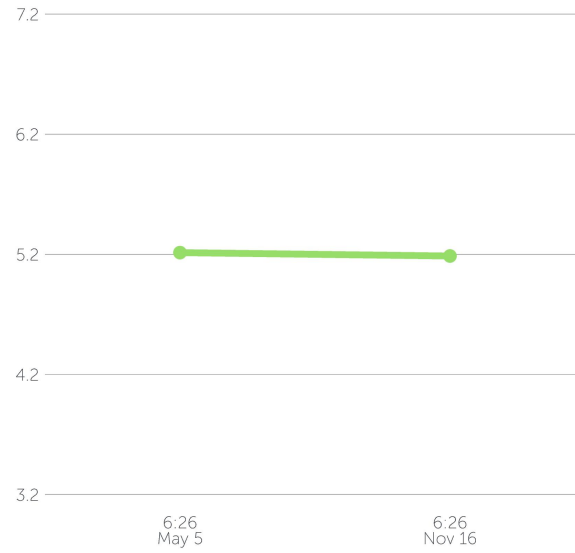
## BODY COMPOSITION - MINERAL CONTENT

## EXAMPLE FEMALE

Bone Mass %	Net	%
Bone Mass %	0.2 %	8.5% Gain



Bone Mass	Net	%
Bone Mass	0.0 lbs	0.5% Loss



### 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.

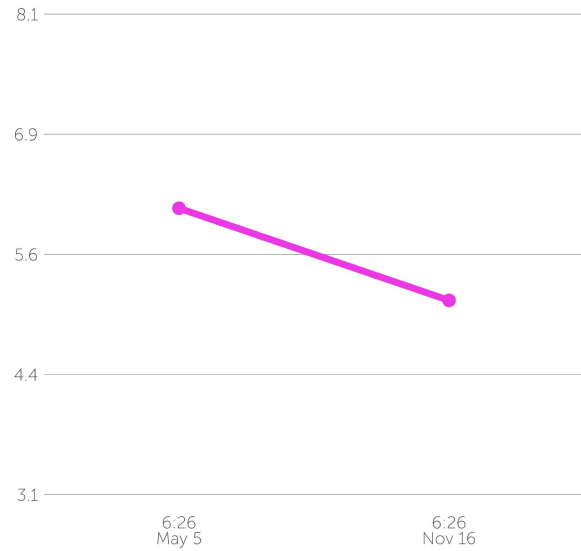
#### Bone Mass

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

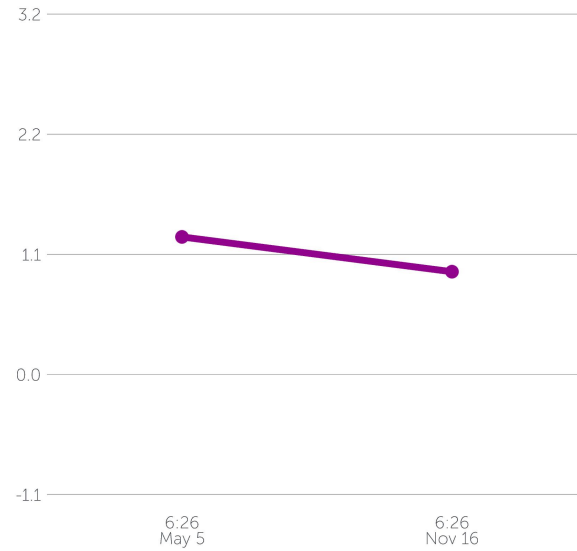
## BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

## EXAMPLE FEMALE

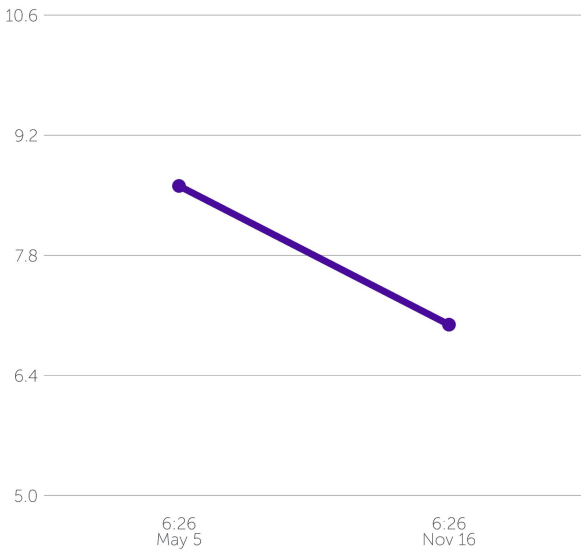
Subcutaneous Fat	Net	%
Subcutaneous Fat	-0.9 lbs	15.6% Loss



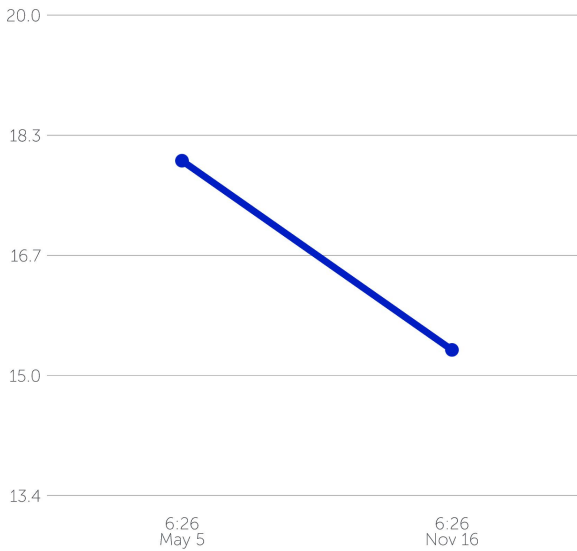
Visceral Fat	Net	%
Visceral Fat	-0.3 lbs	25.0% Loss



Android Fat Mass	Net	%
Android Fat Mass	-1.6 lbs	18.9% Loss



Gynoid Fat Mass	Net	%
Gynoid Fat Mass	-2.6 lbs	14.5% 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 5

May 31

Jun 9

Nov 16

