



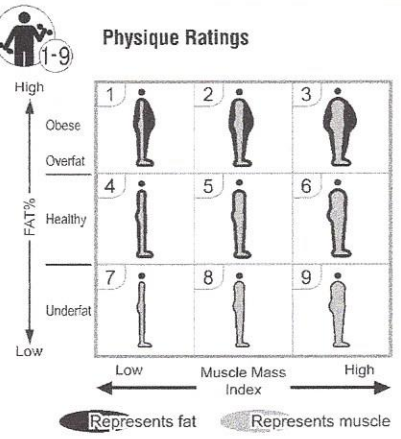
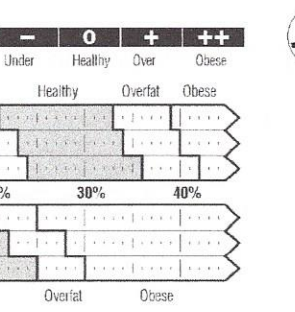
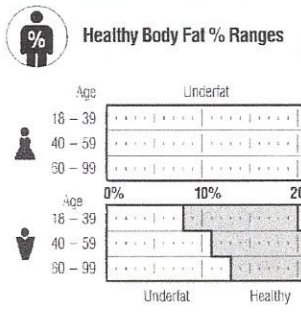
TANITA Body Composition Readings

NAME: _____

MODEL #: _____

DCI: InnerScan Models / BMR: Ironman Models

DATE	TIME									
		Weight	Body Fat %	Body Water %	Muscle Mass	Physique Rating	DCI / BMR	Metabolic Age	Bone Mass	Visceral Fat



Bone Mass Ranges
Average of estimated bone mass

Weight	Weight	Weight
Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)	165 lb and up (75 kg and up)
4.3 lb (1.95 kg)	5.3 lb (2.40 kg)	6.5 lb (2.95 kg)
Weight	Weight	Weight
Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)	209 lb and up (95 kg and up)
5.9 lb (2.66 kg)	7.3 lb (3.29 kg)	8.1 lb (3.68 kg)

Visceral Fat Rating

Healthy level	0	:	1 - 12
Excess level	+	:	13 - 59