

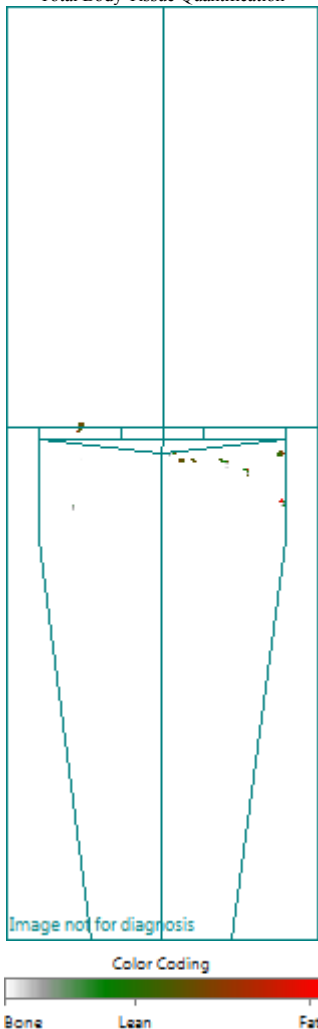
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Shirt, BodySpec	Male	(not specified)	01/01/1987	67.0 in.	100.0 lbs.	11/17/2017

## SUMMARY RESULTS

This table provides an overview of your total body composition, broken down into total body fat %, total mass, fat tissue, lean tissue, and bone mineral content. These metrics establish your baseline from which future BodySpec scans will be compared.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
11/17/2017	19.6%	0.1	0.0	0.0	0.0

Total Body Tissue Quantification



## Body Fat Percentile Chart

This table provides target body fat percentages based on empirical DXA scan results. It is meant to provide general guidance for individuals, and to help set goals.

### WOMEN

Age	0 - 20th Percentile	20th - 40th Percentile	40th - 60th Percentile	60th - 80th Percentile	80th - 99th Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 37%	> 37%
30-39	< 25%	25% - 29%	29% - 33%	33% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 27%	27% - 32%	32% - 37%	37% - 42%	> 42%
>60	< 30%	30% - 33%	33% - 38%	38% - 42%	> 42%

### MEN

20-29	< 16%	16% - 20%	20% - 24%	24% - 27%	> 27%
30-39	< 18%	18% - 22%	22% - 26%	26% - 30%	> 30%
40-49	< 20%	20% - 24%	24% - 27%	27% - 31%	> 31%
50-59	< 21%	21% - 25%	25% - 29%	29% - 33%	> 33%
>60	< 21%	21% - 25%	25% - 30%	30% - 33%	> 33%

## REGIONAL ASSESSMENT

The table below divides your body into 5 key regions and provides the composition breakdown for each. BodySpec automatically tracks these regions over time to chart regional progress and the impact of your training and nutrition programming.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	0.0%	0.0	0.0	0.0	0.0
Legs	16.2%	0.1	0.0	0.0	0.0
Trunk	48.3%	0.0	0.0	0.0	0.0
Android	0.0%	0.0	0.0	0.0	0.0
Gynoid	0.0%	0.0	0.0	0.0	0.0
Total	19.6%	0.1	0.0	0.0	0.0