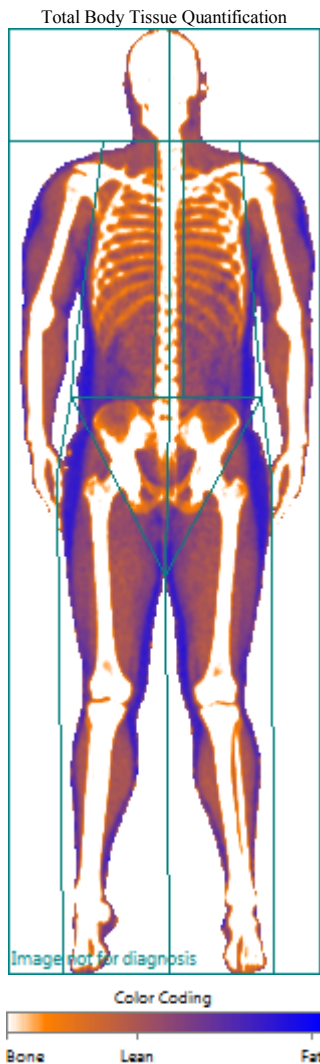


Third-party branding and personal details removed

Summary Results

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
1/20/2026	27.1%	235.7	63.9	163.0	8.8
10/21/2025	29.3%	238.4	69.8	159.9	8.7



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 the body into 5 key regions and provides the composition breakdown for each. The system 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	22.7%	32.7	7.4	23.9	1.4
Legs	27.7%	83.6	23.1	57.0	3.4
Trunk	28.8%	107.6	31.0	73.8	2.7
Android	31.7%	16.7	5.2	11.3	0.2
Gynoid	30.5%	39.2	11.6	26.5	1.1
Total	27.1%	235.7	63.9	163.0	8.8

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Supplemental Results

(RMR)

The minimum number of estimated calories your body requires daily, at rest.

This is the lower abdominal region.

Fat that is concentrated in the hips, upper thighs, and buttocks.

*Android fat should be less than Total Body Fat %.
A/G Ratio should be < 1.0*

1,949 cal/day
1,920 cal/day

31.7%
34.6%

30.5%
32.1%

1.04
1.08

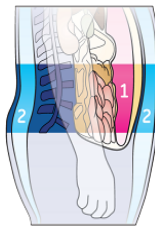
VAT

VAT, or Visceral Adipose Tissue, is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and Type 2 diabetes.

This number should be as low as possible, with a target of zero VAT.

Mass (lbs) **0.91**
1.18

Volume (in³) **26.83**
34.63



Adipose Tissue
1 Visceral
2 Subcutaneous

BONE REPORT

This report provides a general overview and relative age-matched comparison of your bone strength. *The higher your Z-Score, the better. High bone density is associated with strong, healthy bones.*

Note: this is not a bone density exam, which is a separate assessment reviewed with a medical professional.

Bone Density: USA (Combined NHANES/Lunar) (Enhanced Analysis)

Region	BMD (g/cm ²)	Young Adult T-Score	Age-Matched Z-Score
Head	2.321	-	-
Arms	1.218	-	-
Legs	1.533	-	-
Trunk	1.163	-	-
Ribs	1.022	-	-
Spine	1.277	-	-
Pelvis	1.225	-	-
Total	1.409	2.1	2.1

Z-Score	% Population (Greater Than)
-1.5 - (-0.5)	7% - 30%
-0.5 - 0.0	30% - 50%
0.0 - 0.5	50% - 69%
0.5 - 1.5	69% - 93%
1.5 - 2.0	93% - 97%
2.0 - 2.5	97% - 99%

MUSCLE BALANCE REPORT

The table below isolates your limbs and compares the fat and lean tissue between your "right side" and your "left side." Small imbalances are common; larger imbalances (>2lbs) may indicate muscle injury and developmental imbalance.

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Arms Total	22.7	32.7	7.4	23.9	1.4
Right Arm	23.3	16.4	3.8	11.9	0.7
Left Arm	22.2	16.3	3.6	12.0	0.7
Legs Total	27.7	83.6	23.1	57.0	3.4
Right Leg	27.9	41.3	11.5	28.1	1.7
Left Leg	27.5	42.3	11.6	28.9	1.7

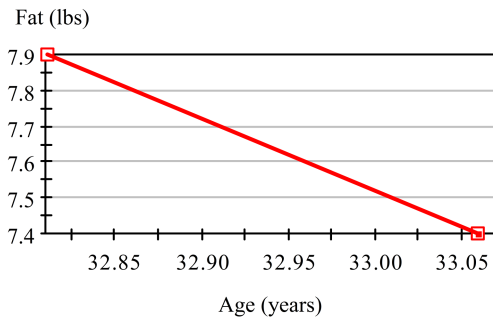
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Regional Fat Tissue Report

show how your body's fat tissue in each area has responded to your training and/or nutrition program. Each individual will gain and lose fat tissue differently. will continue to track these regions with each subsequent scan.

Arms

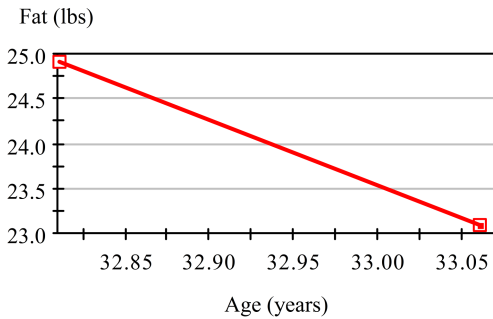
Composition Trend: Arms



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	7.4 lbs	-0.5 lbs	-0.5 lbs
	10/21/2025	7.9 lbs	baseline	-
Fat Percentage (%)	1/20/2026	22.7%	-1.0%	-1.0
	10/21/2025	23.7%	baseline	-

Legs

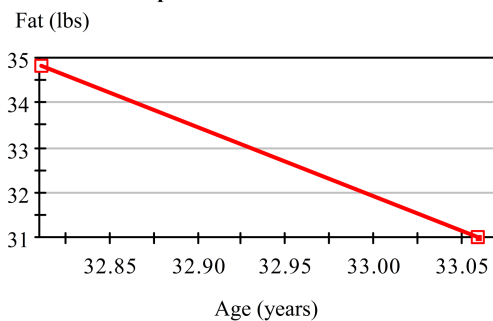
Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	23.1 lbs	-1.8 lbs	-1.8 lbs
	10/21/2025	24.9 lbs	baseline	-
Fat Percentage (%)	1/20/2026	27.7%	-2.3%	-2.3%
	10/21/2025	30.0%	baseline	-

Trunk

Composition Trend: Trunk



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	31.0 lbs	-3.8 lbs	-3.8 lbs
	10/21/2025	34.8 lbs	baseline	-
Fat Percentage (%)	1/20/2026	28.8%	-2.7%	-2.7%
	10/21/2025	31.5%	baseline	-

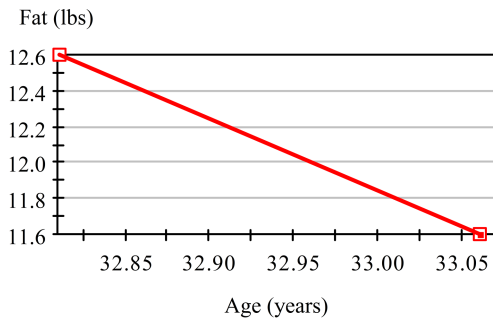
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Regional Fat Tissue Report, continued

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	5.2 lbs	-0.9 lbs	-0.9 lbs
	10/21/2025	6.1 lbs	baseline	-
Fat Percentage (%)	1/20/2026	31.4%	-2.9%	-2.9%
	10/21/2025	34.3%	baseline	-

Gynoid

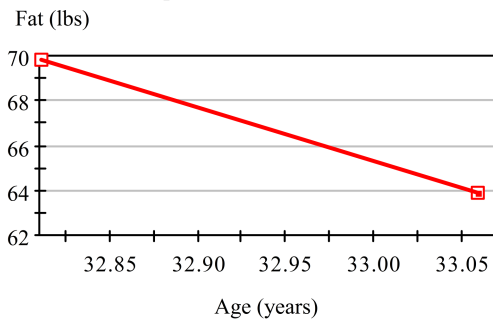
Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	11.6 lbs	-1.0 lbs	-1.0 lbs
	10/21/2025	12.6 lbs	baseline	-
Fat Percentage (%)	1/20/2026	29.7%	-1.5%	-1.5%
	10/21/2025	31.2%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	1/20/2026	63.9 lbs	-5.9 lbs	-5.9 lbs
	10/21/2025	69.8 lbs	baseline	-
Fat Percentage (%)	1/20/2026	27.1%	-2.2%	-2.2%
	10/21/2025	29.3%	baseline	-

Third-party branding and personal details removed

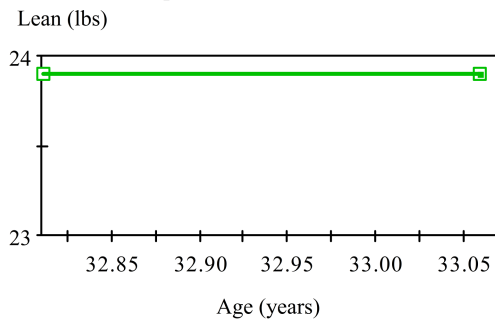
Regional Lean Tissue Report

graphs show how your body's muscle development in ea Each individual will gain and lose lean tissue differently. subsequent scan.

responded to your training and/or nutrition program. will continue to track these regions with each

Arms

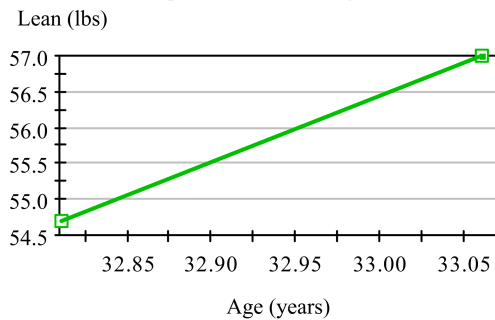
Composition Trend: Arms



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	23.9 lbs	0.0 lbs	0.0 lbs
	10/21/2025	23.9 lbs	baseline	-
Lean Percentage (%)	1/20/2026	73.0%	0.0%	0.0%
	10/21/2025	72.1%	baseline	-

Legs

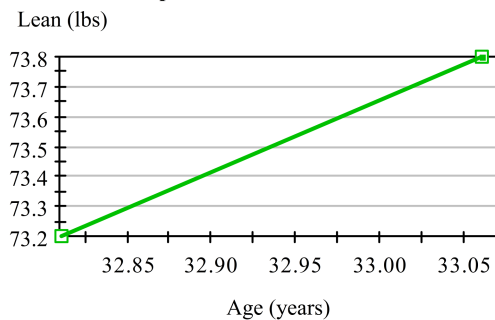
Composition Trend: Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	57.0 lbs	2.3 lbs	2.3 lbs
	10/21/2025	54.7 lbs	baseline	-
Lean Percentage (%)	1/20/2026	68.2%	4.2%	4.2%
	10/21/2025	65.9%	baseline	-

Trunk

Composition Trend: Trunk

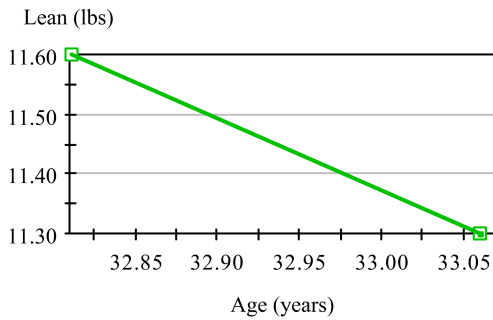


	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	73.8 lbs	0.6 lbs	0.6 lbs
	10/21/2025	73.2 lbs	baseline	-
Lean Percentage (%)	1/20/2026	68.6%	0.8%	0.8%
	10/21/2025	66.2%	baseline	-

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Regional Lean Tissue Report, continued

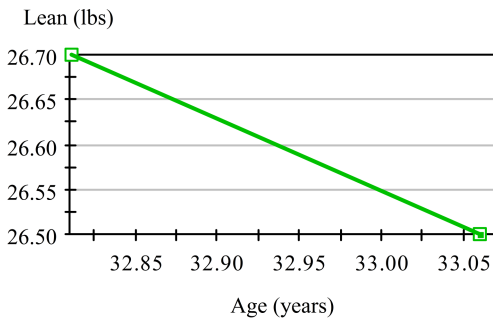
Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	11.3 lbs	-0.3 lbs	-0.3 lbs
	10/21/2025	11.6 lbs	baseline	-
Lean Percentage (%)	1/20/2026	67.7%	-2.6%	-2.6%
	10/21/2025	64.8%	baseline	-

Gynoid

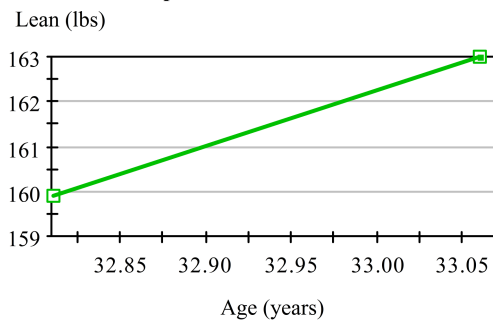
Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	26.5 lbs	-0.2 lbs	-0.2 lbs
	10/21/2025	26.7 lbs	baseline	-
Lean Percentage (%)	1/20/2026	67.6%	-0.7%	-0.7%
	10/21/2025	66.2%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	1/20/2026	163.0 lbs	3.1 lbs	3.1 lbs
	10/21/2025	159.9 lbs	baseline	-
Lean Percentage (%)	1/20/2026	69.2%	1.9%	1.9%
	10/21/2025	67.1%	baseline	-

Note: is not a medical facility, nor do we represent the views of a medical practitioner. The data provided in this report is for informational purp d is not meant to be used for any type of medical diagnosis. Should you have any concerns about the metrics in the report, please consult your physician.