

TANITA

Initial Measurement:	% Body Fat
Target Weight:	

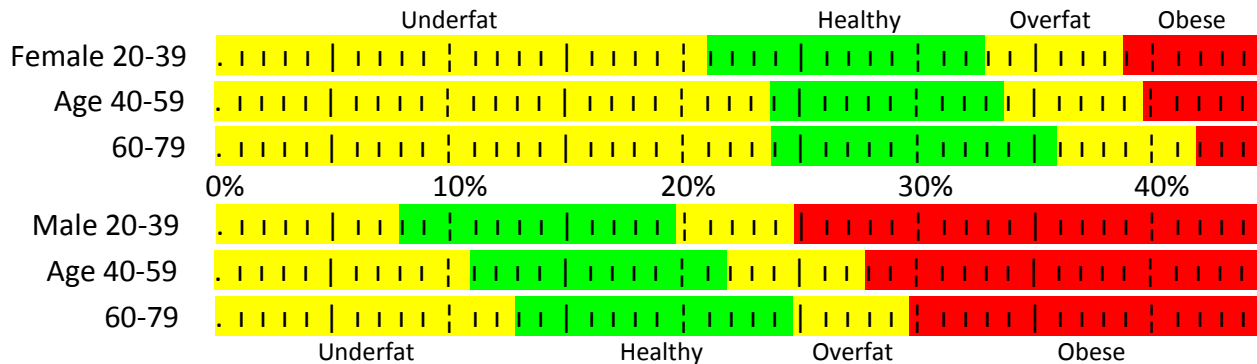
Target % Body Fat:	%
Target Date:	

Personal Progress Chart

Week	Date	Time	Weight	% Body Fat

How much body fat is healthy?

Body Fat Ranges for Standard Adults^{1,2}



¹Based on NIH-WHO BMI Guidelines.

²Gallagher, et al, Am J Clin Nut 2000; 72:694-701.
To determine the percentage of body fat that is appropriate for your body, consult your physician.

TANITA

Understanding your body composition readings

This analysis includes a number of measurements providing an in-depth look at your body composition.

You and your health professional can use this analysis to assess your current health, and to develop a fitness and nutrition program that, over time, will maximize your health.

Body Mass Index (BMI)

BMI is a standard height to weight ratio useful for classifying risks associated with weight gain. The World Health Organization (WHO) classification has been developed using the following grading system that links increases in BMI to increased health risks.

Body Mass Index	WHO Classification
<18.5	Underweight
18.5 – 24.9	Healthy weight
25.0 – 29.9	Overweight
30+	Obese

Fat %

Body fat is vital to daily body functions. It cushions joints, protects organs, helps regulate body temperature, and stores vitamins. However, serious health risks are associated with both too much, and too little body fat. Compare your results to your "Desirable Range" on the bottom of this print out, or on the reverse side of this sheet. By design, women's bodies require a higher percentage of body fat to be healthy.

BMR

Basal Metabolic Rate reflects the amount of calories used by the body to maintain normal functions when at rest. Daily activities and exercise increase BMR by approximately 15%. BMR helps you establish just how many calories your body needs in a day to achieve proper energy balance.

Impedance

Measured in Ohms (Ω), the Impedance value reflects the strength and speed of an electrical signal traveling through the body. Muscle is the signal's highway, and fat mass is like a traffic jam. More muscle means it's easier for the signal to pass through your body, resulting in a lower impedance value and % of body fat. Consistent conditions and stable hydration status are not only healthy, but will also yield consistent results.

Fat Mass

The body needs fat, but it is important to keep your fat within the recommended range. Compare your personal result to your "Desirable Range" at the bottom of this print out, and focus specifically on fat mass when dieting or exercising.

FFM

Fat Free Mass is everything in the body that is not fat; muscle, water, bone, connective tissue, etc. Muscle acts as the body's natural "fat-burning engine," therefore it is important to maintain or even gain healthy muscle mass when exercising or dieting.

TBW

Reflects Total Body Water. It is important to ensure your body is not dehydrated, especially when exercising or dieting. Enter your TBW below, and compare your hydration level to recommended ranges:*

$$\frac{\text{TBW}}{\text{Weight}} \times 100 = \text{Estimated Hydration Level \%}$$

Note: Individuals who are severely dehydrated may receive an inaccurate measurement.

Female: 45-60%
Male: 50-65%

*Based on Tanita's current research.

Desirable Ranges

Everybody needs fat. These healthy ranges display how much you should have in terms of % and weight. Research shows that individuals with appropriate amounts of fat are less likely to develop obesity-related health conditions.

Target Body Fat %

Set a realistic goal for body fat % within the "Desirable Range." Compare your actual fat mass results with the "Desirable Range" for Fat Mass at the bottom of your printout. This will give you an idea of how much fat mass needs to be lost in order to achieve the pre-selected target for Body Fat %. Remember, it's important to lose fat mass while maintaining your Fat Free Mass (FFM).

Note: The Target feature is estimation only. Please consult a health professional before you undertake any weight management program.