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Name: A S

Test Date: 2:14 PM; January 14, 2019

Subject ID: 1

Report Printed on: 2:34 PM; January 14, 2019

Height	Weight	Age	Sex	Resistance	Reactance	Frame	Target Wt.	Activity Level	Equation Set
71 in	185 lbs	47.0	Female	578.5 Ω	55.1 Ω	Medium	155 lbs	Light	NHANES-III

Current Test Data				
	<b>Amount</b>		<b>% of Weight</b>	
	<b>Weight</b>	185.0 lbs		
	<b>Fat</b>	68.3 lbs	36.9 %	
	<b>Fat-Free Mass (FFM)</b>	116.7 lbs	63.1 %	<b>% of FFM</b>
	<b>Lean Dry Mass (LDM)</b>	31.8 lbs	17.2 %	27.2 %
	<b>Total Body Water (TBW)</b>	84.9 lbs	45.9 %	72.8 %
	<b>Intra-Cellular Water (ICW)</b>	42.1 lbs	22.7 %	36.0 %
	<b>Extra-Cellular Water (ECW)</b>	42.9 lbs	23.2 %	36.7 %
	<b>Bone Mineral Content (BMC)</b>	6.7 lbs	3.6 %	5.8 %
	<b>Lean Soft Tissue (LST)</b>	110.0 lbs	59.5 %	94.2 %
	<b>Skeletal Muscle Mass (SMM)</b>	50.0 lbs	27.0 %	42.9 %
	<b>BMI</b>	25.8		<b>Phase Angle</b>
	<b>FMI</b>	9.5		5.4
	<b>FFMI</b>	16.3		<b>Basal Metabolic Rate (BMR)</b>
				1,638.1 kCal
				<b>Daily Energy Expenditure (DEE)</b>
				2,457.1 kCal

Average Ranges				
	<b>Amount</b>		<b>% of Weight</b>	
	<b>Weight</b>	125.4 - 203.9 lbs		
	<b>Fat</b>	38.8 - 90.4 lbs	31.1 - 44.8 %	
	<b>Fat-Free Mass (FFM)</b>	84.3 - 115.8 lbs	55.2 - 68.8 %	<b>% of FFM</b>
	<b>Lean Dry Mass (LDM)</b>	21.4 - 29.6 lbs	13.9 - 17.8 %	24.2 - 26.8 %
	<b>Total Body Water (TBW)</b>	62.7 - 86.5 lbs	41.1 - 51.3 %	73.2 - 75.8 %
	<b>Intra-Cellular Water (ICW)</b>	34.5 - 44.4 lbs	21.3 - 27.9 %	38.1 - 41.1 %
	<b>Extra-Cellular Water (ECW)</b>	28.1 - 42.2 lbs	19.5 - 23.6 %	33.3 - 36.5 %
	<b>Bone Mineral Content (BMC)</b>	5.7 - 9.1 lbs	4.5 - 4.5 %	6.2 - 7.8 %
	<b>Lean Soft Tissue (LST)</b>	81.5 - 112.7 lbs	52.5 - 68.1 %	92.2 - 93.8 %
	<b>Skeletal Muscle Mass (SMM)</b>	44.4 - 62.7 lbs	28.9 - 37.4 %	48.5 - 53.9 %
	<b>BMI</b>	22.0 - 35.2		<b>Phase Angle</b>
	<b>FMI</b>	6.8 - 15.7		6.7 - 8.4
	<b>FFMI</b>	14.9 - 19.8		<b>Basal Metabolic Rate (BMR)</b>
				1,282.5 - 1,631.5 kCal

Please note that these ranges represent average values taken from a treatment of the NHANES-III survey data. They are not meant to be "Clinical" or "Ideal" ranges.