

Measurements




 4:50

Weight
Circumference +

Weight goal

Body fat goal

From April 23, 2020 10:13 AM

-2.8 lb	-0.4	-0.4 %
Weight	BMI	Body Fat

May 21, 2020 7:02 PM

<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 170.2 lb </div> <p>Weight</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 23.3 </div> <p>BMI</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 18.4 % </div> <p>Body Fat</p>
<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 138.8 lb </div> <p>Fat-free Body Weight</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 16.4 % </div> <p>Subcutaneous Fat</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 5 </div> <p>Visceral Fat</p>
<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 56.0 % </div> <p>Body Water</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 47.6 % </div> <p>Skeletal Muscle</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 130.6 lb </div> <p>Muscle Mass</p>
<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 8.4 lb </div> <p>Bone Mass</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 19.8 % </div> <p>Protein</p>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> 1730 kcal </div> <p>BMR</p>

40

Metabolic Age



Measurement



Trends



Discover



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