

SUCCESS HUB

Jane Demo's Report (Full)

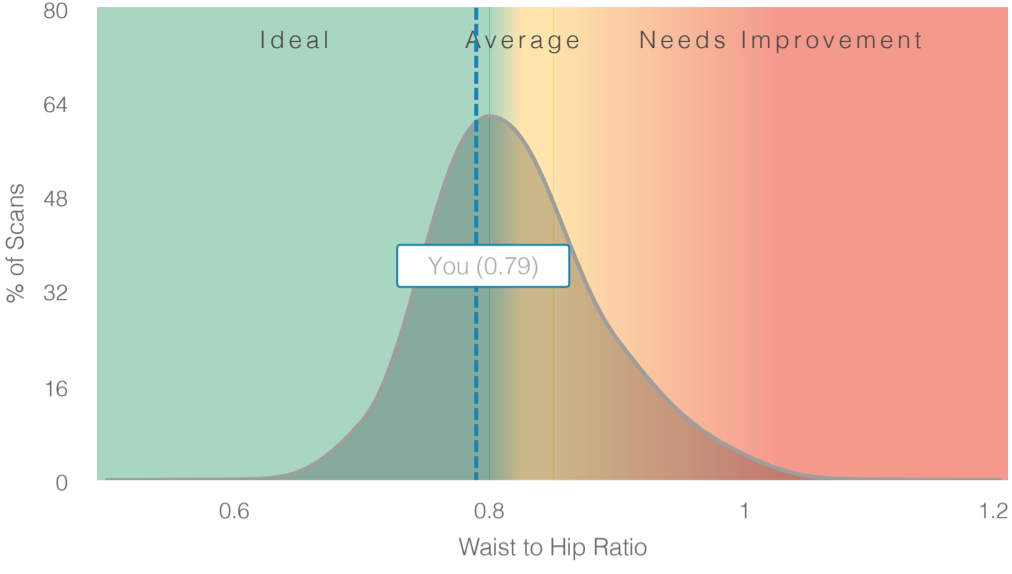
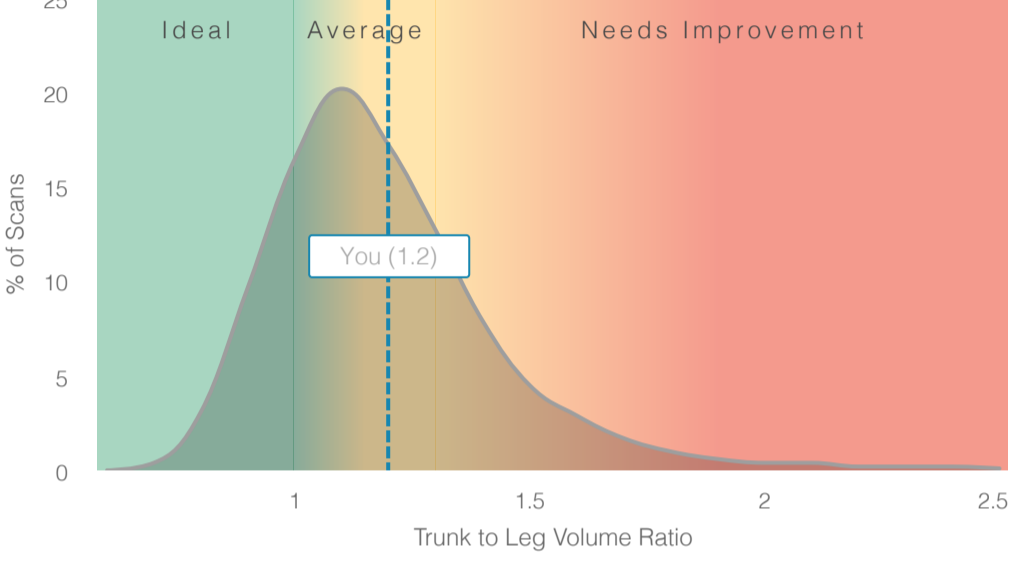
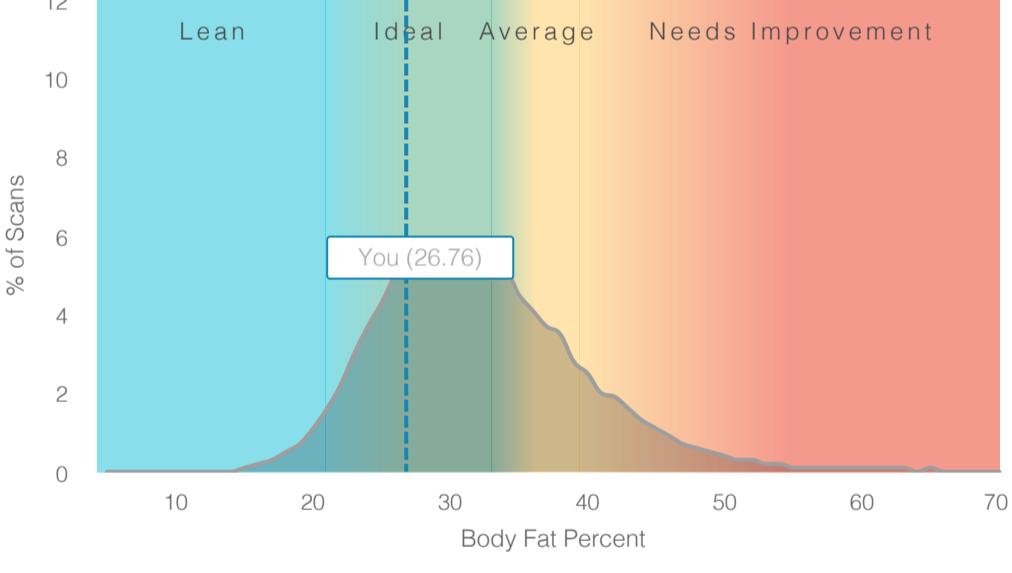
Scan Date: 2017-09-04 (10:34 AM)



Wellness Metrics

Wellness Metric	How do I compare to other Fit3D users?
BODY SHAPE	
<p>BODY SHAPE RATING</p> <h1>55</h1> <p>What is it?</p> <p>Body Shape Rating (BSR) is a wellness score based on the relationship of your body shape to cardiovascular related risk factors. It answers the question, Is my body shape making it more likely for me potentially develop certain cardiovascular related health issues? BSR is on a 0-100 range where 50 is average and the higher the score the lower the risk. Read More.</p>	<p>The chart shows the distribution of Body Shape Ratings for other users. The x-axis is 'Body Shape Rating' (0-80) and the y-axis is '% of Scans' (0-7). The chart is divided into three regions: Needs Improvement (red, 0-40), Average (yellow, 40-60), and Ideal (green, 60-80). A vertical dashed line at 55 is labeled 'You (55)'.</p>
<p>WAIST CIRCUMFERENCE</p> <h1>33 in.</h1> <p>What is it?</p> <p>A larger waist circumference can mean more "deep" (visceral) fat which is an unhealthy type of fat that wraps around internal organs and can lead to additional health risks. Generally a lower waist circumference is better. Waist circumference has been widely used in the past due to its simplicity. Read More.</p>	<p>The chart shows the distribution of waist circumferences for other users. The x-axis is 'Waist Circumference' (0-60) and the y-axis is '% of Scans' (0-18). The chart is divided into three regions: Ideal (green, 0-30), Average (yellow, 30-40), and Needs Improvement (red, 40-60). A vertical dashed line at 33 is labeled 'You (33)'.</p>

English

Wellness Metric	How do I compare to other Fit3D users?
<p>WAIST TO HIP RATIO</p> <p>0.79</p> <p>What is it?</p> <p>Waist to hip ratio describes body shape using a ratio between waist and hips. A lower ratio generally means lower risk for certain health issues. If you have heard of body shapes described as apple or pear, these are two ends of the WHR spectrum where pear has a lower WHR ratio and therefore lower risk for certain health issues. Read More.</p>	 <p>A bell curve chart showing the distribution of Waist to Hip Ratios. The x-axis is labeled 'Waist to Hip Ratio' and ranges from 0.6 to 1.2. The y-axis is labeled '% of Scans' and ranges from 0 to 80. The chart is divided into three regions: 'Ideal' (green, 0.6-0.8), 'Average' (yellow, 0.8-1.0), and 'Needs Improvement' (red, 1.0-1.2). A vertical dashed line indicates 'You (0.79)' is in the 'Ideal' region.</p>
<p>TRUNK TO LEG VOLUME RATIO</p> <p>1.2</p> <p>What is it?</p> <p>Similar to WHR where body shape is described using a ratio, but instead of waist and hips circumferences, body trunk/torso and leg volumes are used. By using volume it captures a more detailed view of body shape. A lower trunk to leg volume ratio generally means lower risk for certain health issues. Read More.</p>	 <p>A bell curve chart showing the distribution of Trunk to Leg Volume Ratios. The x-axis is labeled 'Trunk to Leg Volume Ratio' and ranges from 1 to 2.5. The y-axis is labeled '% of Scans' and ranges from 0 to 25. The chart is divided into three regions: 'Ideal' (green, 1-1.5), 'Average' (yellow, 1.5-2.0), and 'Needs Improvement' (red, 2.0-2.5). A vertical dashed line indicates 'You (1.2)' is in the 'Average' region.</p>
BODY COMPOSITION	
<p>BODY FAT PERCENT</p> <p>26.76%</p> <p>What is it?</p> <p>Body fat percentage is the user's total fat mass divided by the total body mass. Fat is an essential component of the body, however, too much body fat can negatively affect overall health. Read More.</p>	 <p>A bell curve chart showing the distribution of Body Fat Percent. The x-axis is labeled 'Body Fat Percent' and ranges from 10 to 70. The y-axis is labeled '% of Scans' and ranges from 0 to 12. The chart is divided into four regions: 'Lean' (cyan, 10-20), 'Ideal' (green, 20-30), 'Average' (yellow, 30-40), and 'Needs Improvement' (red, 40-70). A vertical dashed line indicates 'You (26.76)' is in the 'Ideal' region.</p>
<p>WEIGHT</p> <p>115 lbs</p> <p>What is it?</p> <p>Body weight is a person's mass or weight. Read More.</p>	

English

Wellness Metric

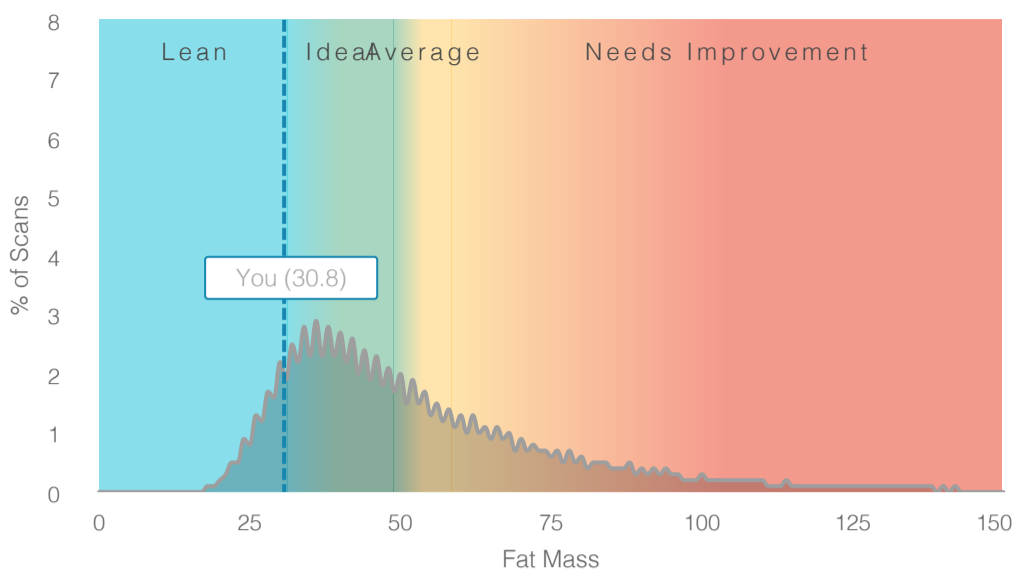
How do I compare to other Fit3D users?

FAT MASS

30.8 lbs

What is it?

The total amount of fat in the body. There are multiple types of fat in the body which have very different effects on overall healthy. The body shape tab can provide more insight into how fat distribution factors into potential health risks. [Read More.](#)

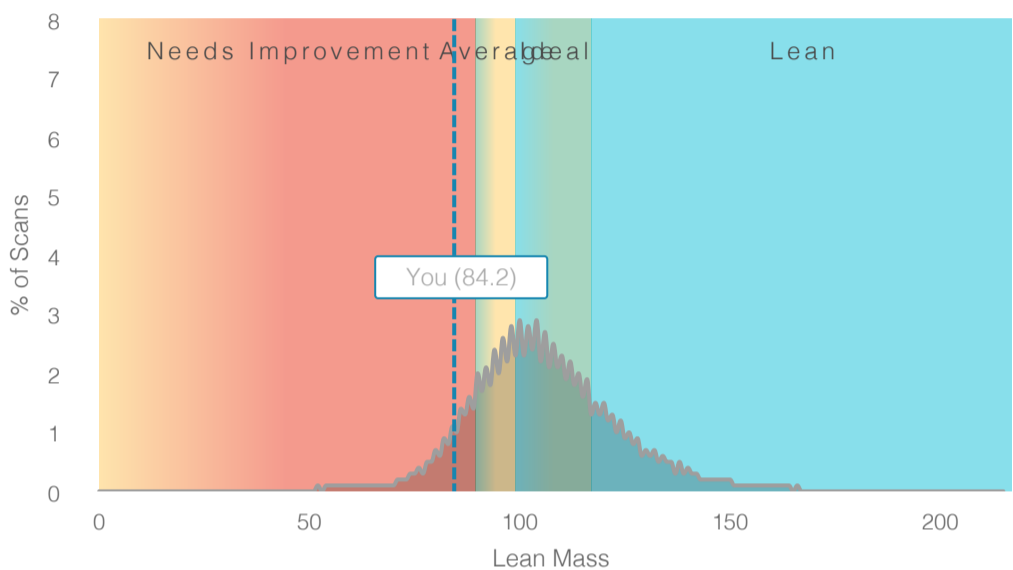


LEAN MASS

84.2 lbs

What is it?

Lean mass is the muscle tissue, skeletal tissue, and water in the body. Lean mass burns more energy than fat mass, so increasing lean mass can help continue to reduce fat mass. [Read More.](#)



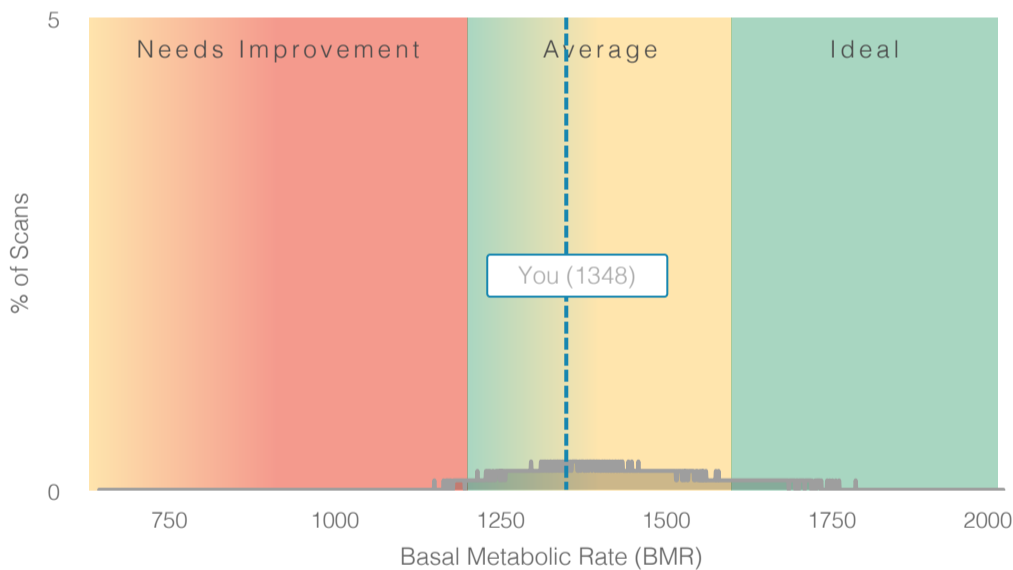
FITNESS LEVEL

BASAL METABOLIC RATE (BMR)

1348

What is it?

The amount of energy your body is burning while at rest. [Read More.](#)



Posture

Front/Back

Name	Shift (Inches)	Tilt (%)
Head	0.5 left	2.4 left
Shoulder	0.1 right	0.2 left
Underbust	0.1 left	1.8 right
Hip	0	2 right
Knee	0	0

Side

Name	Shift (Inches)
Head	2.1 forward
Shoulder	0.5 forward
Hip	1.2 forward
Knee	1.3 forward

Balance

Balance

Location	Percent (%)
Front Left	26.7
Front Right	26.7
Back Left	23.3
Back Right	23.3

Measurements

Demo Location Guide (Sample Image)*	Name	Value (Inches)
<p>The image shows a grey silhouette of a human figure from the front. Five horizontal orange lines with dots at the ends indicate measurement locations. On the left side, the labels 'BICEPS', 'WAIST', and 'THIGH' are positioned next to their respective lines. On the right side, the labels 'BUST' and 'HIPS' are positioned next to their respective lines.</p>	Neck	14.5
	Bust	39.1
	Waist	33
	Hips	40.9
	Left Biceps	12.4
	Right Biceps	12.6
	Left Forearm	10.4
	Right Forearm	10.6
	Left Thigh	23.9
	Right Thigh	23.7
	Left Calf	14.5
	Right Calf	14.6

* Note: The sample image is only used to display measurement locations and body parts. The table on the right displays the client's measurements.