TANITA
Body Composition Readings

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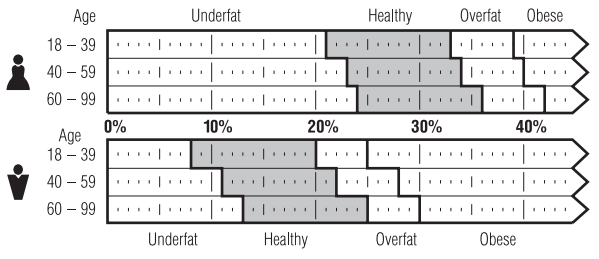
NAME: _____ MODEL #: _____

DCI: InnerScan Models / **BMR**: Ironman Models

DATE	TIME	Weight	Body Fat %	Body Water %	Muscle Mass	Physique Rating	DCI / BMR	Metabolic Age	Bone Mass	Visceral Fat

Healthy Body Fat % Ranges

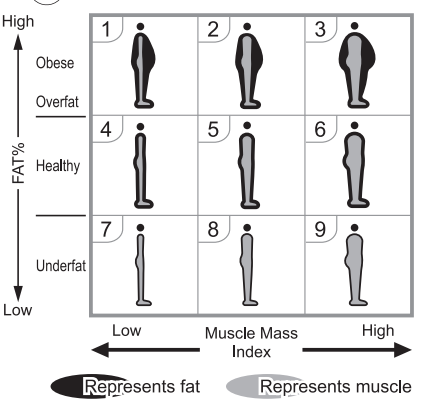
−	0	+	++
Under	Healthy	Over	Obese



Healthy Body Water % Range

45 - 60 %	50 - 65 %

Physique Ratings



Bone Mass Ranges

Average of estimated bone mass

Weight		
Less than 110 lb (50 kg)	110 lb - 165 lb (50 kg - 75 kg)	165 lb and up (75 kg and up)
4.3 lb (1.95 kg)	5.3 lb (2.40 kg)	6.5 lb (2.95 kg)

Weight		
Less than 143 lb (65 kg)	143 lb - 209 lb (65 kg - 95 kg)	209 lb and up (95 kg and up)
5.9 lb (2.66 kg)	7.3 lb (3.29 kg)	8.1 lb (3.69 kg)

Visceral Fat Rating

Healthy level	0	:	1 - 12
Excess level	+	:	13 - 59

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