

Scan History

Recap of your scans	
# of Scans to date	2
Before/After	45 days
Net Loss/Gain	Lost 7.0 in (-2.6%)

Circumference Summary

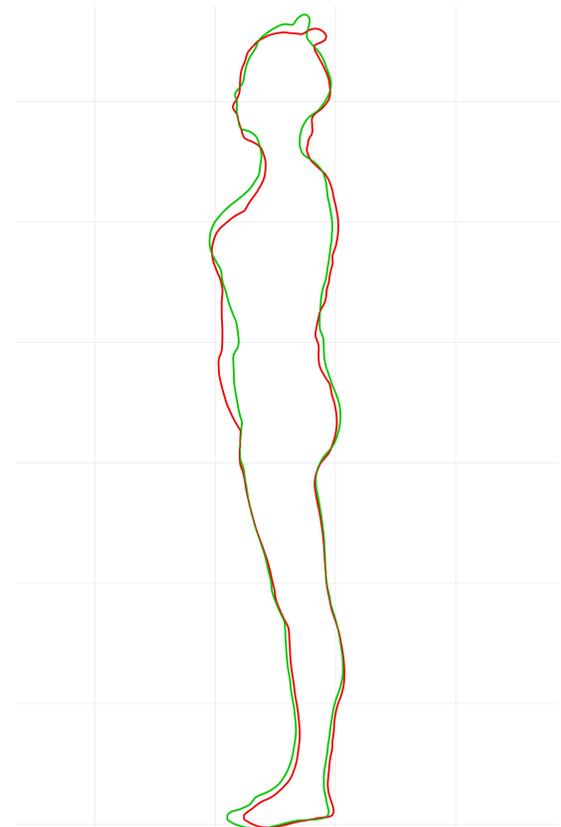
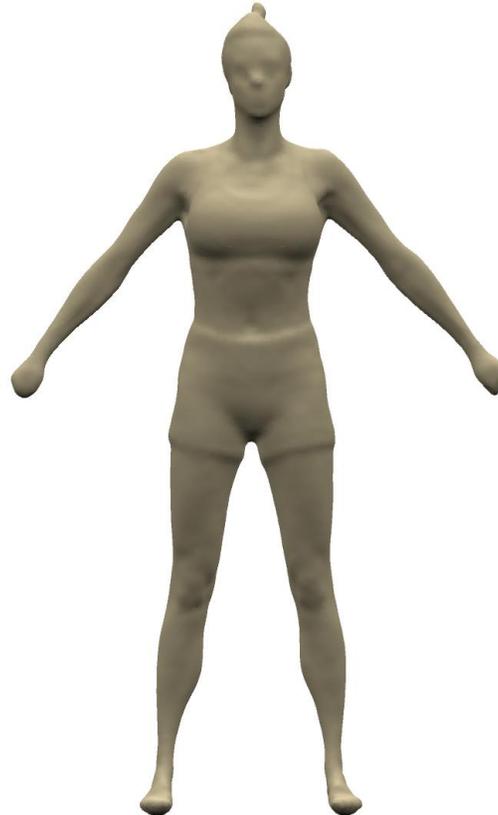
These are the biggest areas of change	
Torso	Lost 5.0 in (-2.6%)
Neck & Arms	Lost 1.6 in (-5.3%)
Legs	Lost 0.4 in (-0.9%)

Composition Summary

Your body composition progress	
Total Weight	Gained 4.0 lbs (3.2%)
Body Fat %	Lost 2.7% (-10.9%)
Lean Mass %	Gained 2.7% (3.7%)

█ First Scan
12:18 Oct 30, 2018

█ Last Scan
10:27 Dec 14, 2018

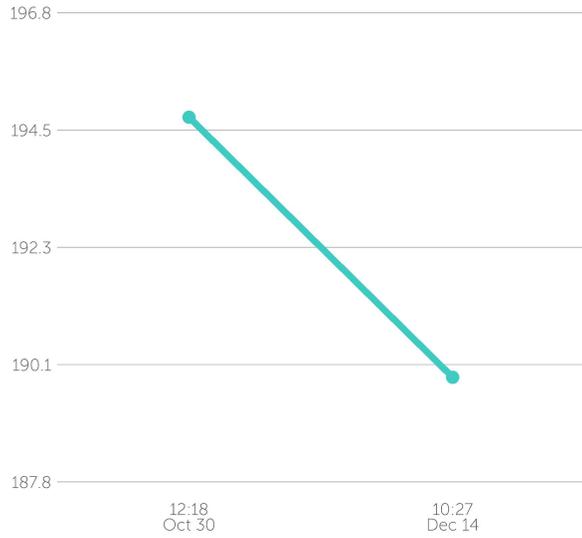


CIRCUMFERENCES - MEASUREMENTS

Circumference (Torso Only)

Net %

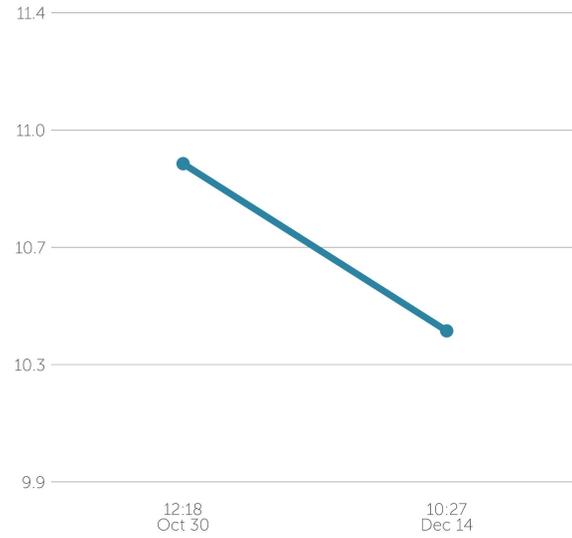
Total Circumference	-5.0 inches	2.6% Loss
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Volume (Torso Only)

Net %

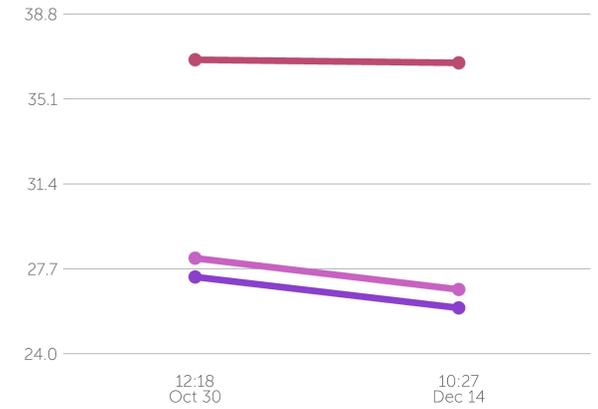
Total Volume	-0.6 gal	5.1% Loss
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Upper Torso

Net %

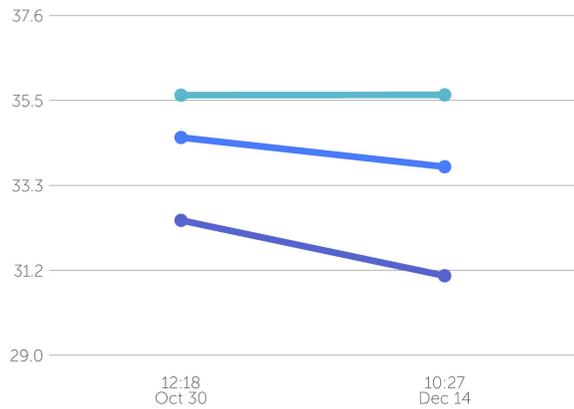
Chest	-0.1 inches	0.4% Loss
Waist (Narrowest)	-1.3 inches	4.9% Loss
Waist (Abdominal)	-1.4 inches	4.8% Loss



Lower Torso

Net %

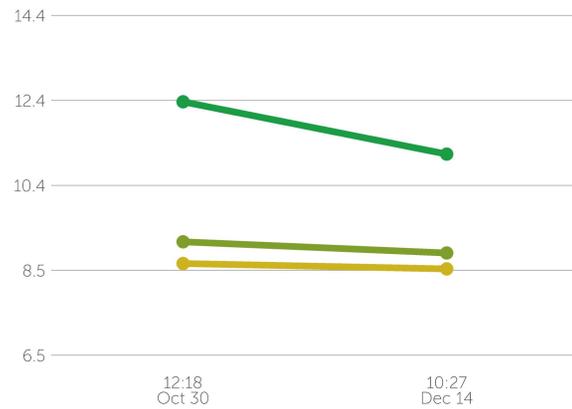
Waist (Lower)	-1.4 inches	4.3% Loss
High Hip	-0.7 inches	2.1% Loss
Hip	0.0 inches	0.0% Gain



Neck & Arms

Net % Change

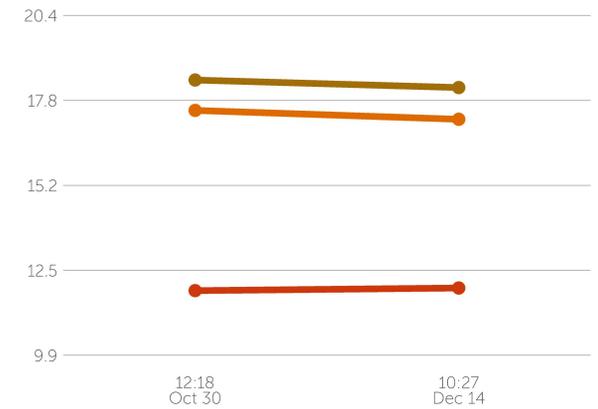
Neck	-1.2 inches	9.8% Loss
Bicep	-0.3 inches	2.8% Loss
Forearm	-0.1 inches	1.4% Loss



Legs

Net % Change

Thigh	-0.2 inches	1.3% Loss
Mid-Thigh	-0.3 inches	1.6% Loss
Calf	0.1 inches	0.7% Gain



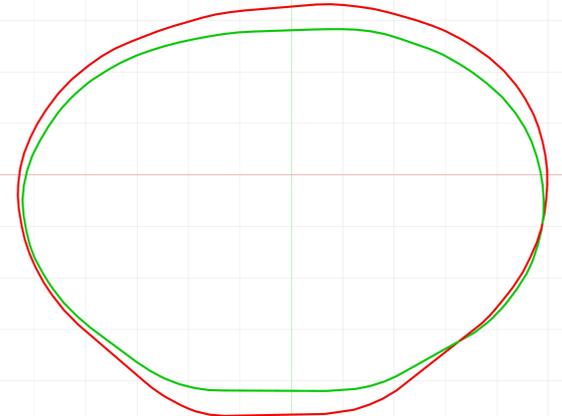
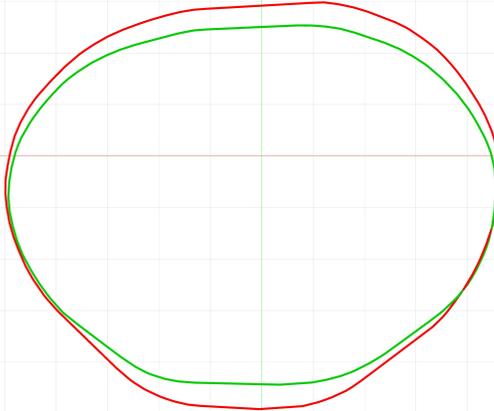
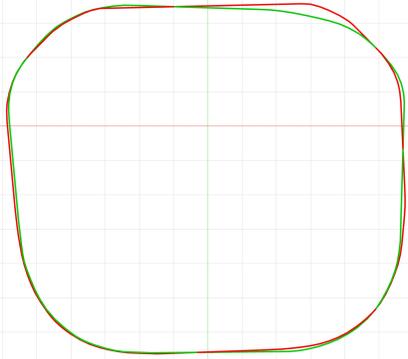
CIRCUMFERENCES - TORSO CROSS-SECTIONS

ALICIA LEWIS

	Net	%
Chest		
Chest	-0.1 inches	0.4% Loss

	Net	%
Waist (Narrowest)		
Waist (Narrowest)	-1.3 inches	4.9% Loss

	Net	%
Waist (Abdominal)		
Waist (Abdominal)	-1.4 inches	4.8% Loss



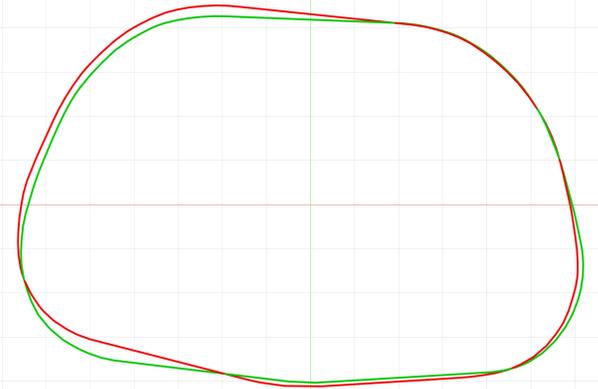
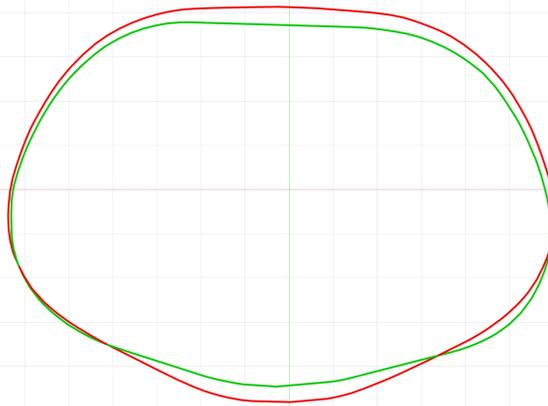
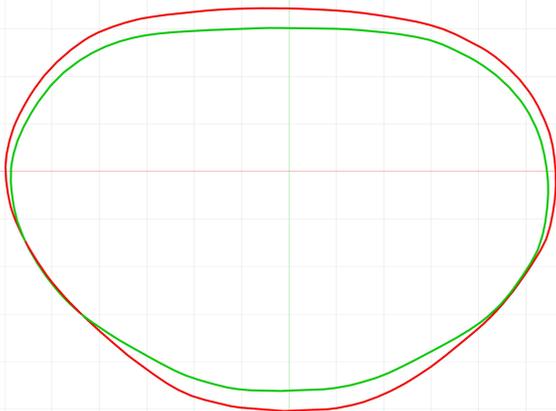
First Scan
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10:27 Dec 14, 2018

	Net	%
Waist (Lower)		
Waist (Lower)	-1.4 inches	4.3% Loss

	Net	%
High Hip		
High Hip	-0.7 inches	2.1% Loss

	Net	%
Hip		
Hip	0.0 inches	0.0% Gain

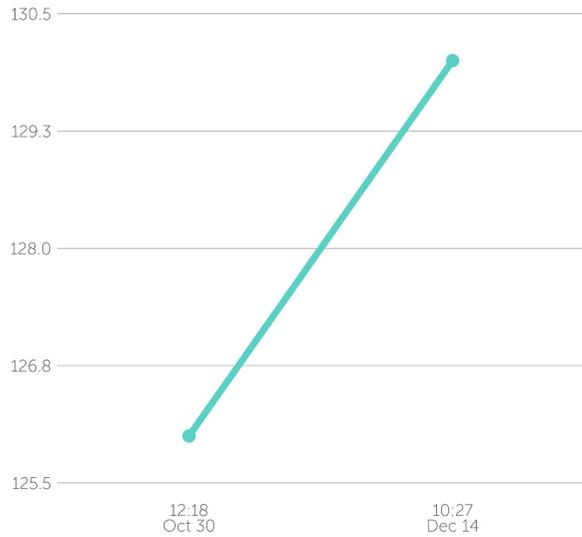


BODY COMPOSITION - FAT AND LEAN MASS

Total Weight

Net %

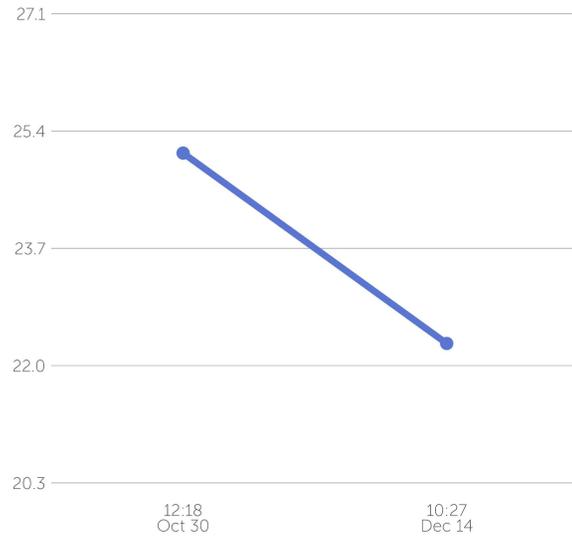
Total Weight	4.0 lbs	3.2% Gain
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Body Fat %

Net %

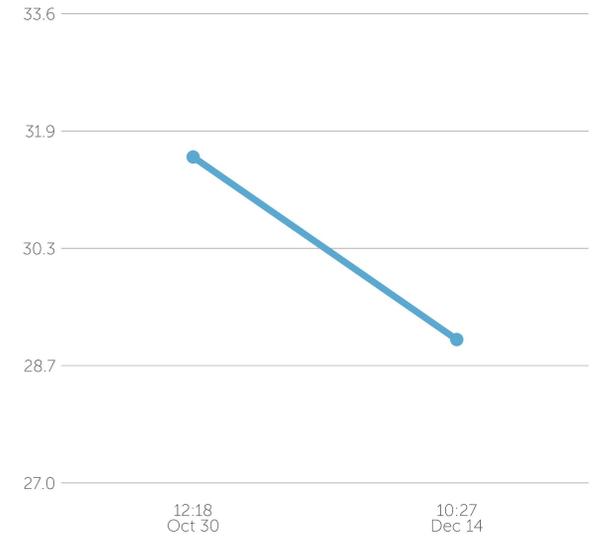
Body Fat %	-2.7 %	10.9% Loss
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Fat Mass

Net %

Fat Mass	-2.5 lbs	8.1% Loss
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Body Fat Ranking

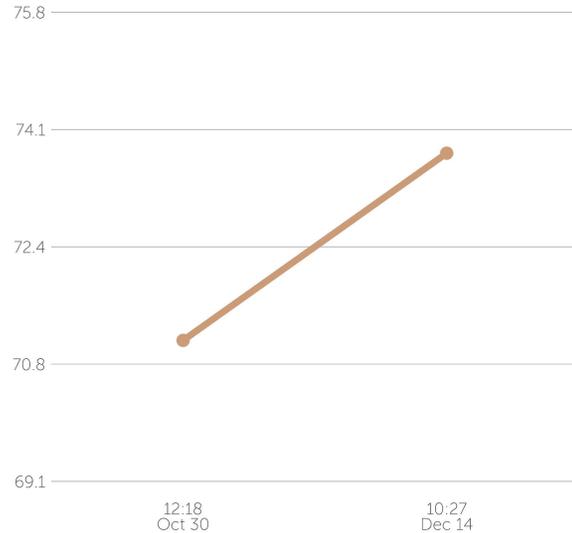
Body Fat Ranking



Lean Mass %

Net %

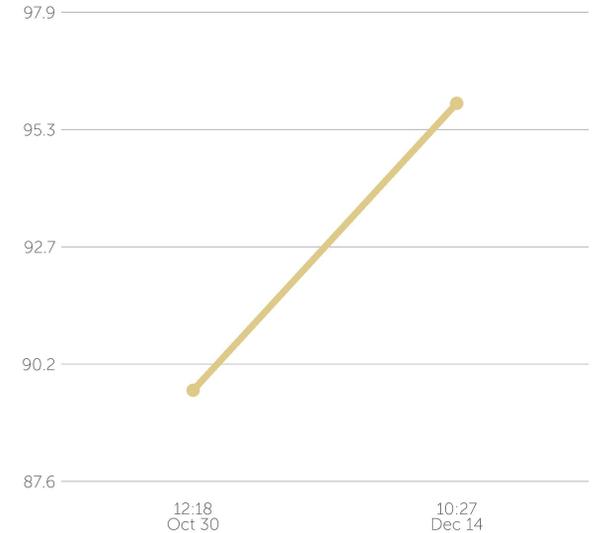
Lean Mass %	2.7 %	3.7% Gain
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Lean Mass

Net %

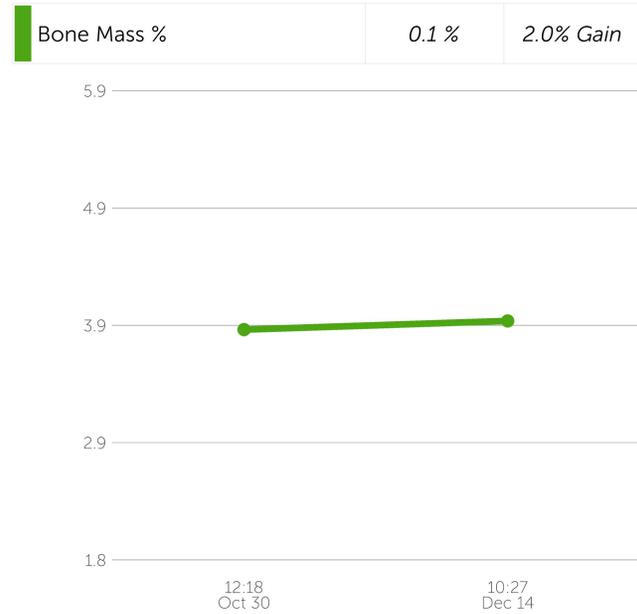
Lean Mass	6.3 lbs	7.0% Gain
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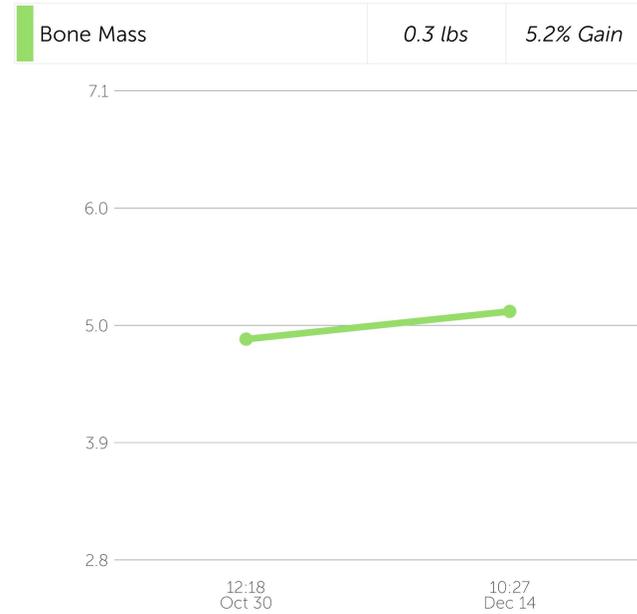
BODY COMPOSITION - MINERAL CONTENT

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Bone Mass % Net %



Bone Mass Net %



LEGEND

Bone Mass %

Bone Mass % is the percentage of bone mineral as compared to your total body weight. On average, adults have a bone mineral content of 3-5% of their total body weight. As you age, this can decrease and bone loss can occur, which can be detrimental to your health.

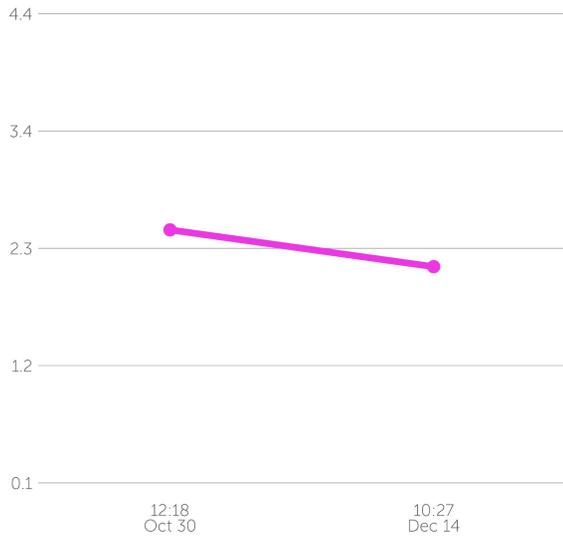
Bone Mass

Bone Mass is the amount of bone mineral in your body.

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

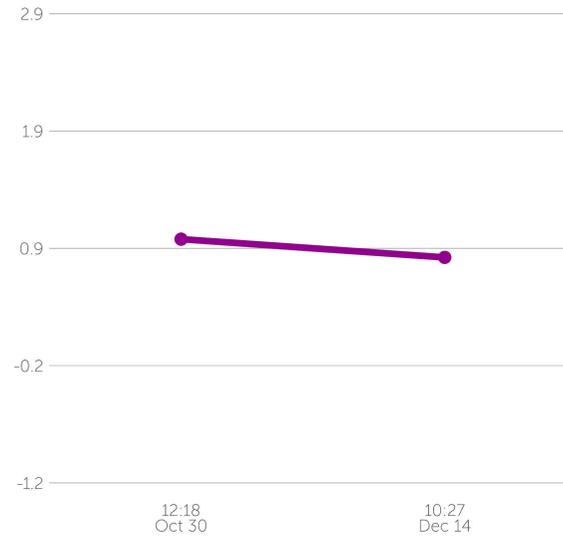
Subcutaneous Fat

	Net	%
Subcutaneous Fat	-0.3 lbs	14.0% Loss



Visceral Fat

	Net	%
Visceral Fat	-0.2 lbs	17.2% Loss



LEGEND

Subcutaneous Fat

Android SAT Fat Mass is the amount of Subcutaneous Adipose Tissue (SAT) in your abdomen or belly. SAT is the fat carried just under your skin. Most of the fat in your body is SAT, and this type of fat has the biggest impact on your body's size and shape.

Visceral Fat

Android VAT Fat Mass is the amount of Visceral Adipose Tissue (VAT) in your abdomen or belly. VAT is the fat surrounding your internal organs, including your heart, liver and lungs. While some VAT is necessary, a high amount is associated with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

Android Fat Mass

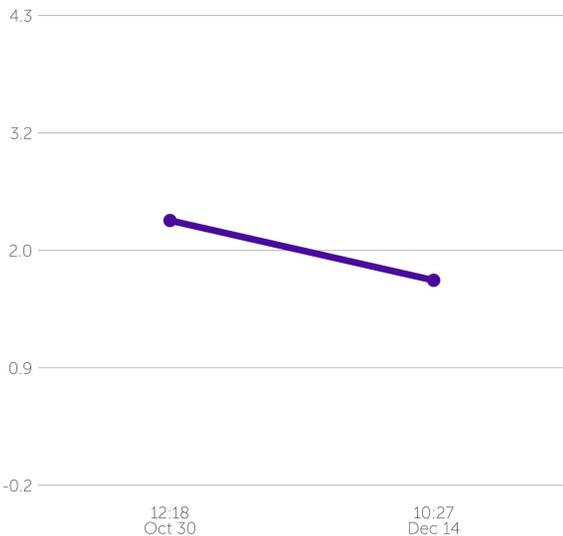
Android Fat Mass refers to fat stored around the upper body, in the belly and waist. This region is where men typically carry the most fat.

Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.

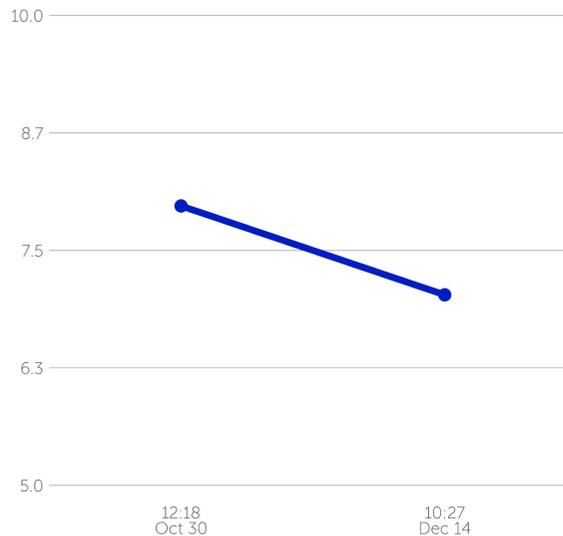
Android Fat Mass

	Net	%
Android Fat Mass	-0.6 lbs	25.0% Loss



Gynoid Fat Mass

	Net	%
Gynoid Fat Mass	-0.9 lbs	11.7% Loss



12:18 Oct 30, 2018

10:27 Dec 14, 2018

