

ID: Jordan Avery

Gender: Male

Height: 177.8 cm

Date Range: 26 July, 2026 - 25 August, 2026

Weight

↓ 8.5 lbs

over 4 weeks

Body Fat

↓ 3.3 %

now 19.6% · healthy

Muscle

↑ 1.4 lbs

skeletal muscle

Visceral Fat

9 → 7 · Healthy

healthy ≤ 9

Body Type

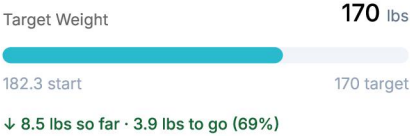
Now "Fit"

was Overweight

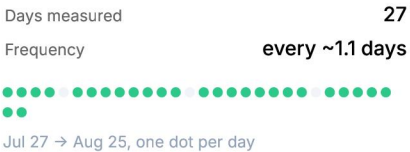
Change Over Period Jul 27 → Aug 25

	Jul 27	Aug 25	Change
Weight (lbs)	182.3	173.9	↓ 8.5
Body Fat (%)	23	19.6	↓ 3.3
Skeletal Muscle (lbs)	71	72.4	↑ 1.4
BMI	26.2	24.9	↓ 1.2
Visceral Fat Level	9	7	↓ 2

Goal Progress



Measurements



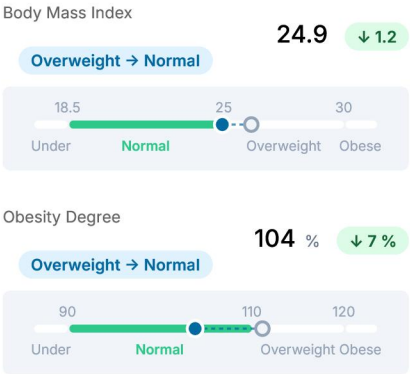
Body Composition Analysislatest value · O start of period



Other Indicators

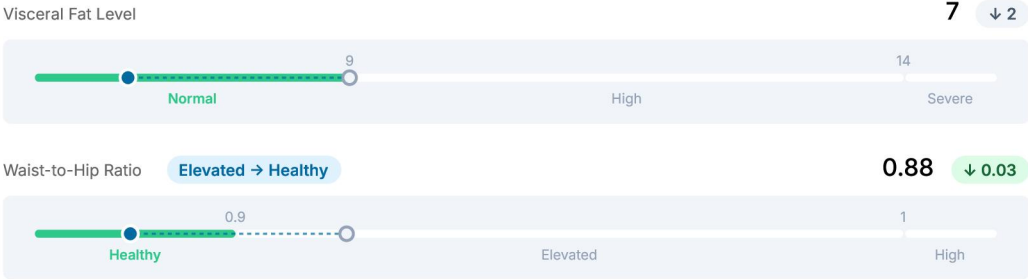
Lean Body Mass	139.72 lbs
Subcutaneous Fat	18.33 %
Body Age	36 years
Basal Metabolic Rate (BMR)	1734.78
Bioelectrical Impedance	491.85 Ω

Obesity Analysis

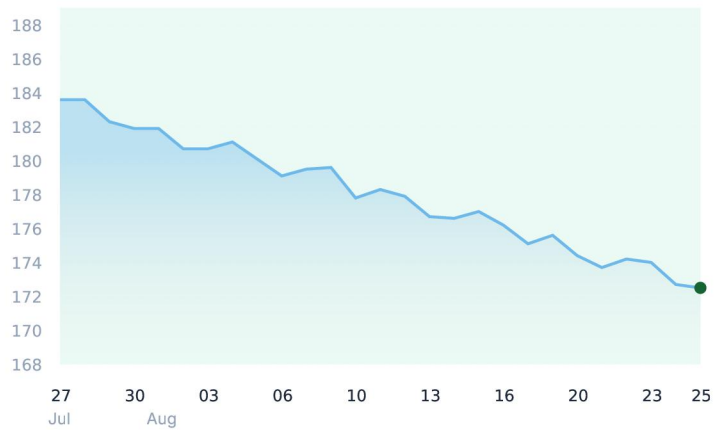


Obesity degree compares your weight to the standard for your height · 100% = standard

Fat Distribution Analysislatest value · O start of period

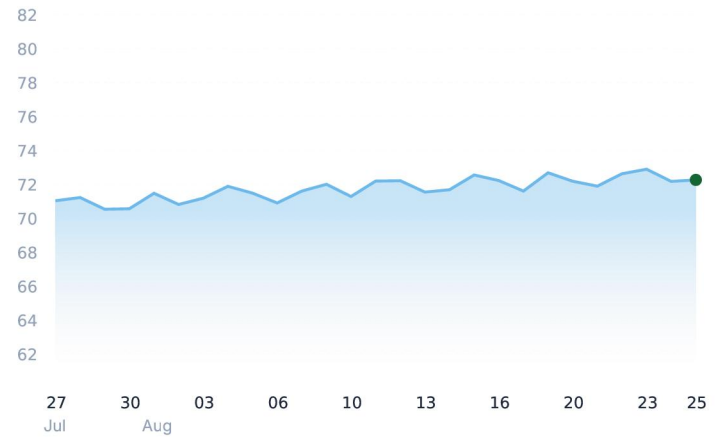


Weight lbs ■ healthy 110–198 lbs



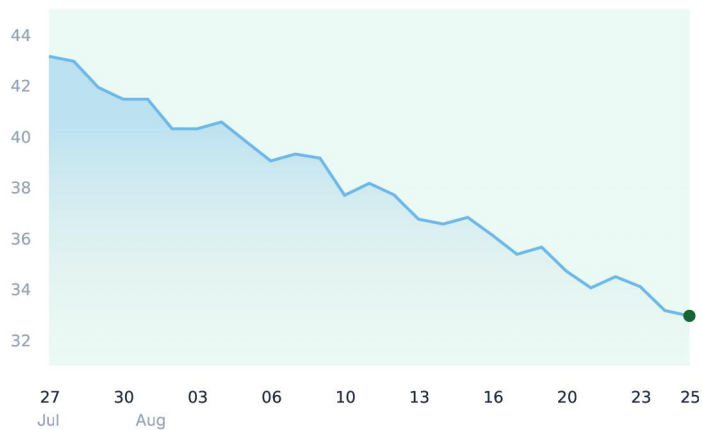
Average Level 178.03 lbs Highest Value 183.6 lbs Lowest Value 172.5 lbs

Skeletal Muscle lbs



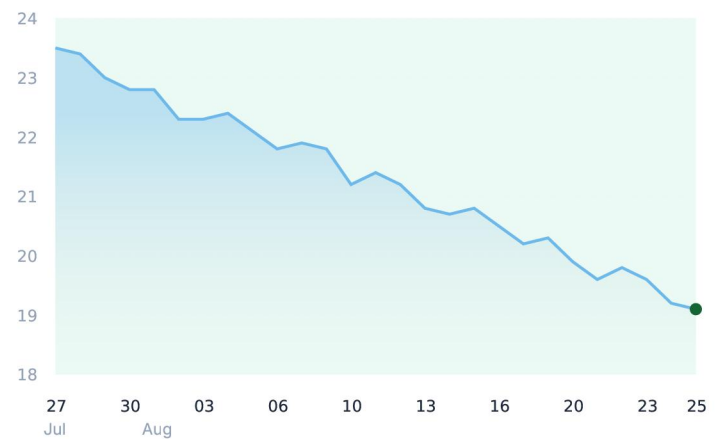
Average Level 71.75 lbs Highest Value 72.91 lbs Lowest Value 70.55 lbs

Body Fat lbs ■ healthy 22–58 lbs



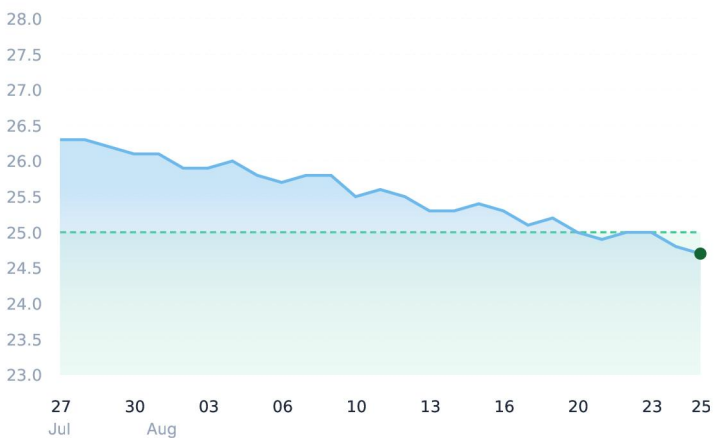
Average Level 37.92 lbs Highest Value 43.15 lbs Lowest Value 32.95 lbs

Body Fat % ■ healthy 10–25 %



Average Level 21.27 % Highest Value 23.5 % Lowest Value 19.1 %

Body Mass Index ■ healthy 18.5–25



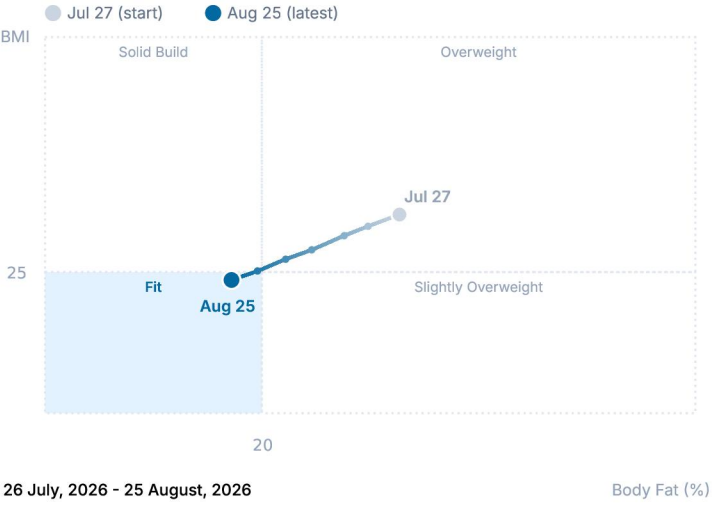
Average Level 25.54 Highest Value 26.3 Lowest Value 24.7

Visceral Fat Level ■ healthy ≤ 9



Average Level 8 Highest Value 9 Lowest Value 7

Body Type Assessment



Body Composition History weekly averages

	27 Jul, 26	03 Aug, 26	10 Aug, 26	17 Aug, 26	24 Aug, 26
Weight (lbs)	182.33	180.02	177.21	174.5	172.6
Skeletal Muscle (lbs)	70.96	71.53	71.97	72.33	72.23
Body Fat (%)	22.97	22.05	20.94	19.9	19.15
Body Mass Index	26.15	25.83	25.41	25.03	24.75
Visceral Fat Level	9	8	8	7	7