



Measurements

	Unit	11/09/2020	04/07/2020	07/06/2020	28/04/2020	18/02/2020
Weight	kg	69.30	66.50	67.00	67.00	66.30
Height	m	1.67	1.67	1.67	1.67	1.67
Body Mass Index	kg/m ²	24.85	23.84	24.02	24.02	23.77
Fat Mass	kg (%)*	15.99 (23.07)	16.03 (24.10)	15.97 (23.84)	16.86 (25.16)	16.66 (25.13)
Fat-Free Mass	kg (%)*	53.31 (76.93)	50.47 (75.90)	51.03 (76.16)	50.14 (74.84)	49.64 (74.87)
Resting Energy Expenditure	kcal/day	1405.13	1393.13	1395.78	1395.78	1392.07
Physical Activity Level		1.60	1.60	1.60	1.60	1.60
Energy consumption	kcal/day	2248.21	2229.00	2233.25	2233.25	2227.31
Fat Mass Index	kg/m ²	5.73	5.75	5.73	6.04	5.97
Fat-Free Mass Index	kg/m ²	19.12	18.10	18.30	17.98	17.80
Skeletal Muscle Mass	kg	25.26	24.62	24.51	23.94	23.66
right arm	kg	1.46	1.36	1.37	1.36	1.36
left arm	kg	1.47	1.36	1.35	1.30	1.38
right leg	kg	5.42	5.30	5.30	5.29	5.06
left leg	kg	5.58	5.68	5.60	5.50	5.36
Torso	kg	11.33	10.93	10.88	10.50	10.49
Total Body Water	l (%)*	39.67 (56.88)	37.30 (55.74)	37.81 (56.08)	37.18 (55.15)	36.79 (55.14)
Extracellular Water	l (%)*	17.22 (24.69)	15.47 (23.11)	15.79 (23.41)	15.72 (23.31)	15.51 (23.25)
Resistance	Ω	491.20	537.44	546.59	548.97	558.53
Reactance	Ω	58.02	69.65	68.55	67.13	68.21
Phase Angle	° (Percentile):	6.7 [92.]	7.4 [99.]	7.1 [98.]	7.0 [97.]	7.0 [97.]
Visceral Adipose Tissue	l	0.00	0.36	0.15	0.20	0.17
ECW/TBW	%	43.41	41.46	41.75	42.27	42.17