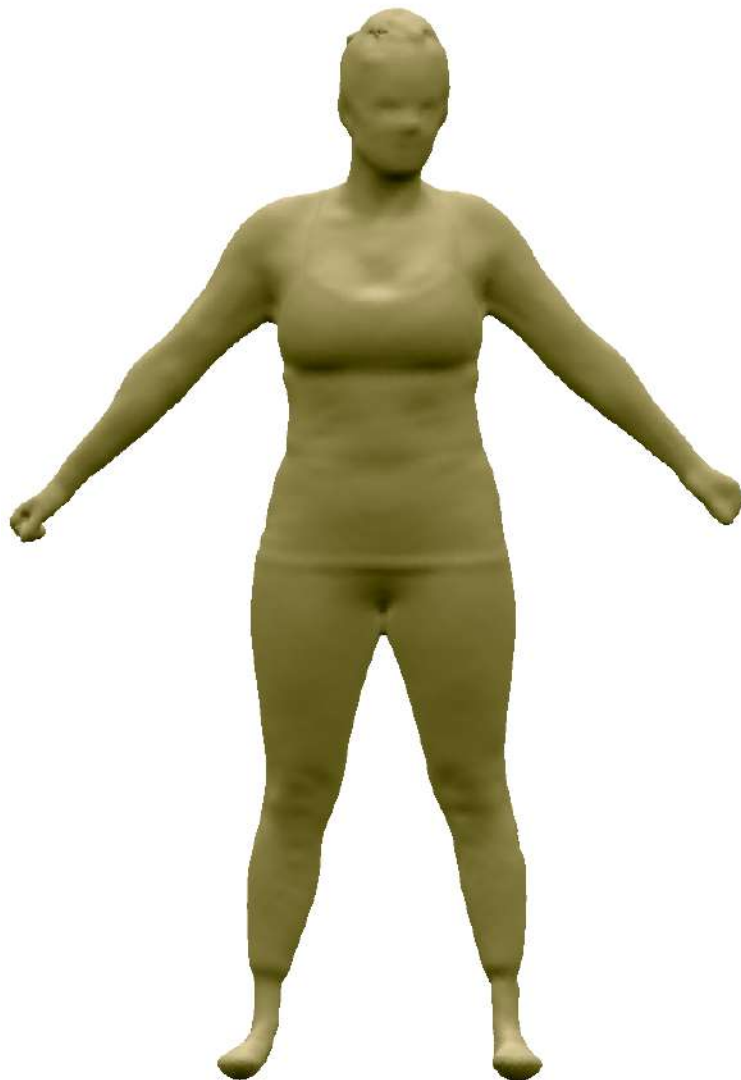


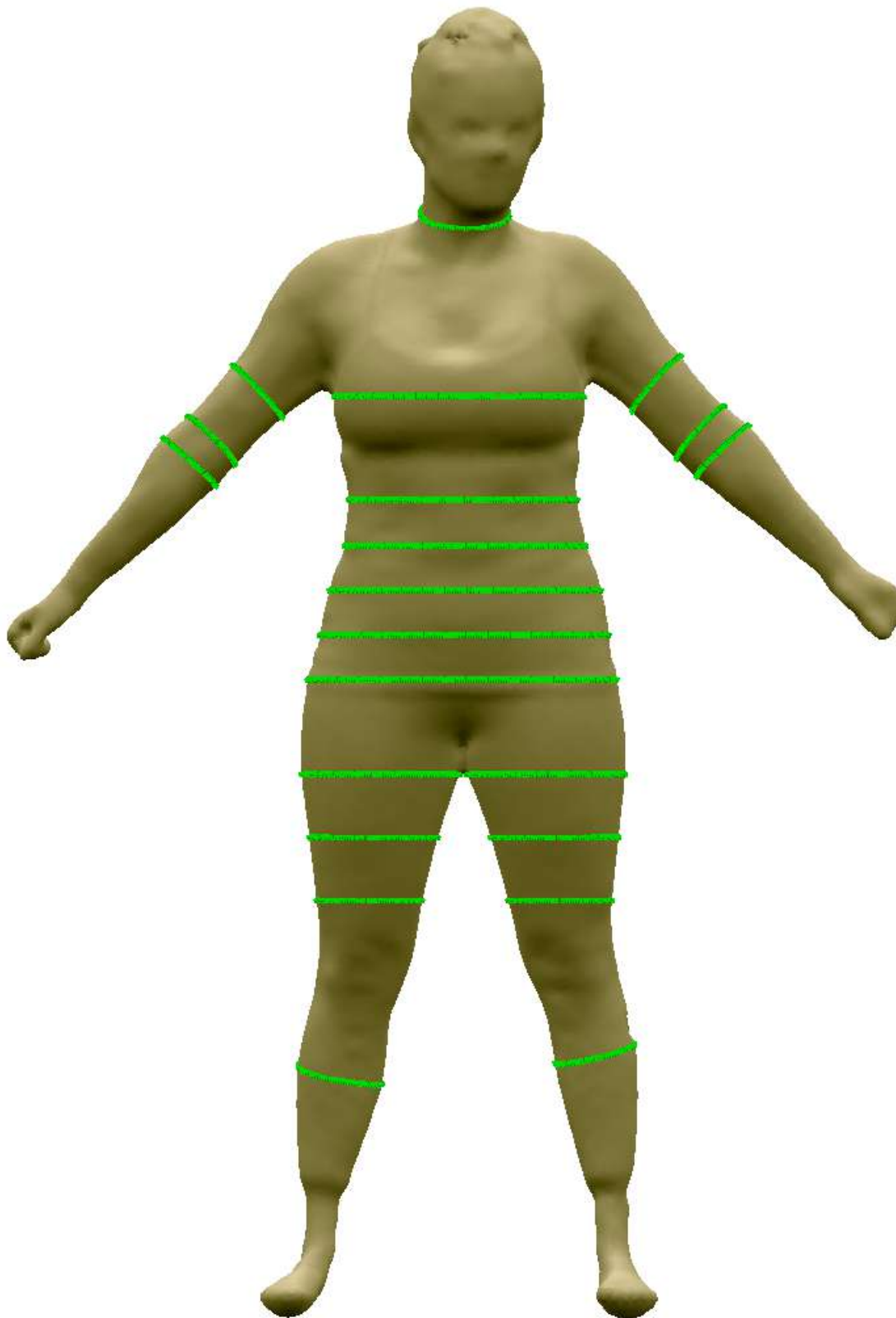
### Profile

| Your profile information |                         |
|--------------------------|-------------------------|
| Full Name                | Example Styku           |
| Age                      | 38                      |
| Gender                   | Female                  |
| Height & Weight          | 155 cm & 63 kg          |
| Email                    | example@styku.com       |
| Scan Date                | 21/11/2015 08:20:00 ط.ب |
| Location                 |                         |

### Fitness & Health Metrics

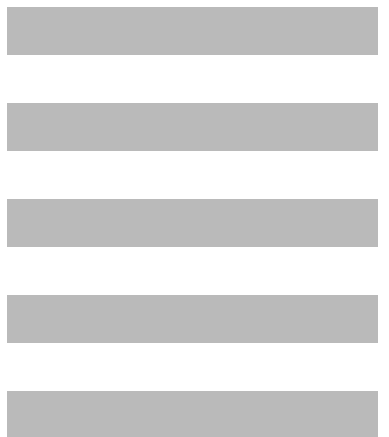
| Wellness Information |                             |
|----------------------|-----------------------------|
| Body Fat %           | 30/0% (acceptable)          |
| BMI                  | 26/3                        |
| Body Volume          | 51237 cm <sup>3</sup>       |
| Waist-to-Hip Ratio   | 0/756 (low risk)            |
| Health Risks         | 0% higher than ideal        |
| RMR                  | 1346 calories/day           |
| Percentile           | 20% for your gender and age |





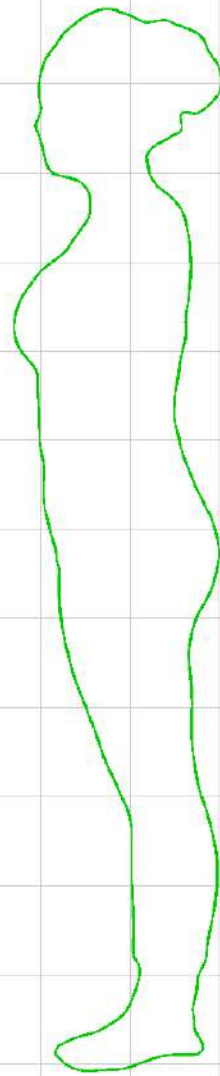
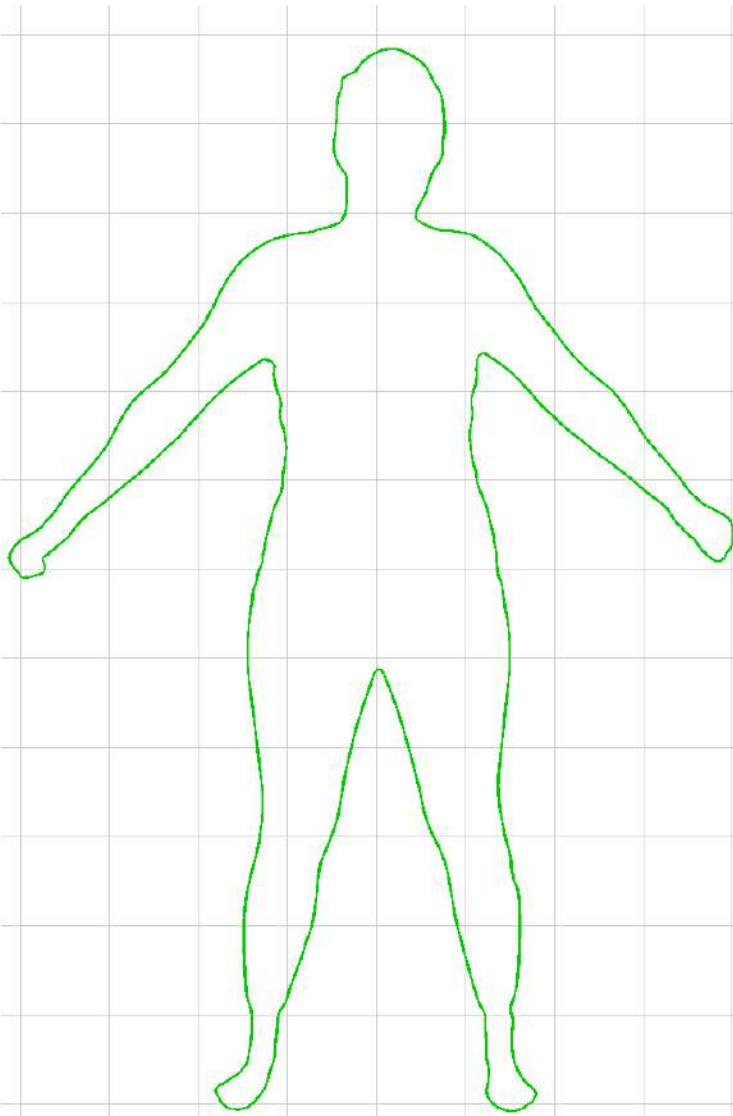
### Body Measurements (cm)

|                   |       |
|-------------------|-------|
| Bicep Left Lower  | 22/94 |
| Bicep Right Lower | 22/24 |
| Bicep Left        | 25/70 |
| Bicep Right       | 25/37 |
| Calf Left         | 29/87 |
| Calf Right        | 30/29 |
| Chest             | 87/35 |
| Forearm Left      | 22/41 |
| Forearm Right     | 21/97 |
| High Hip          | 92/59 |
| Hip               | 97/90 |
| Neck              | 31/68 |
| Thigh Left Lower  | 40/07 |
| Thigh Right Lower | 40/16 |
| Mid-Thigh Left    | 51/64 |
| Mid-Thigh Right   | 51/94 |
| Thigh Left Upper  | 56/46 |
| Thigh Right Upper | 57/16 |
| Waist (Abdominal) | 74/03 |
| Waist (Lower)     | 85/59 |
| Waist (Narrowest) | 71/02 |



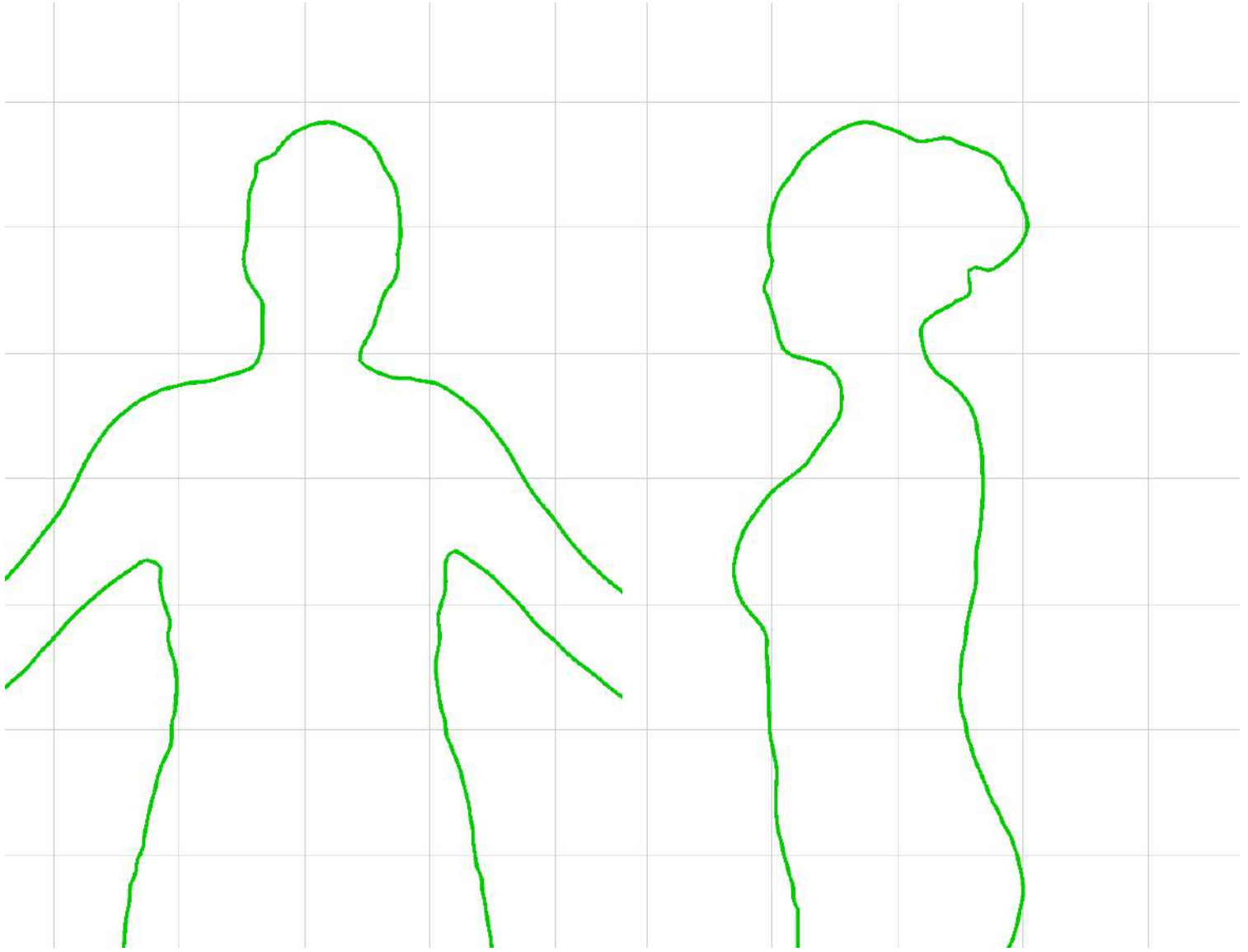
Silhouette

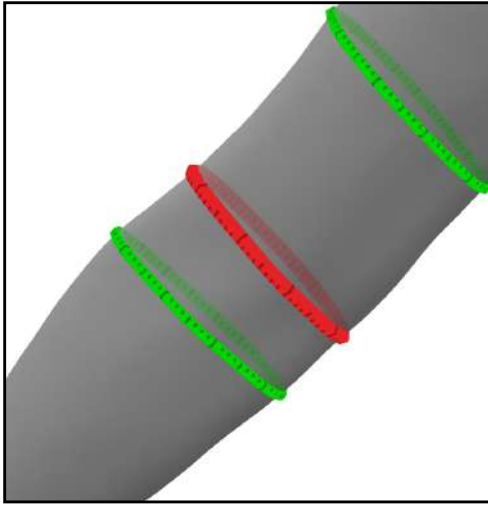
Profile



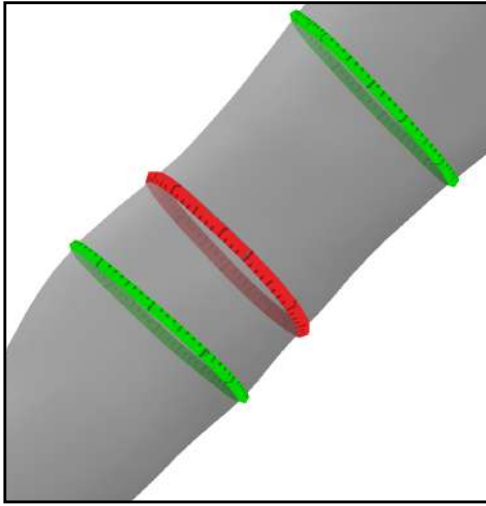
Shoulder Slope

Back Posture

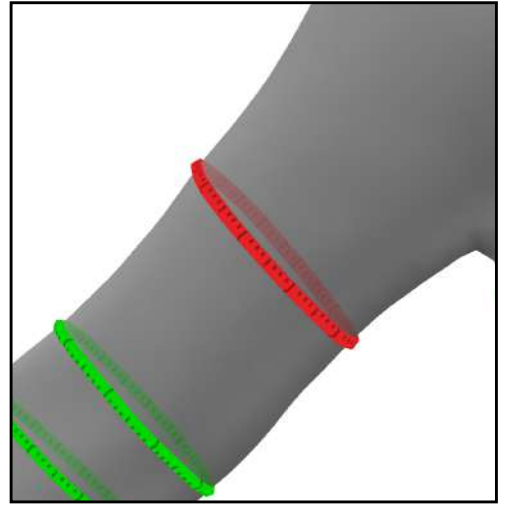




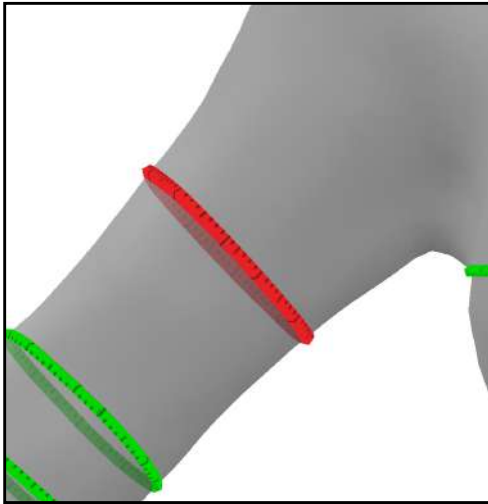
Bicep Left Lower | 22/939 cm



Bicep Right Lower | 22/236 cm



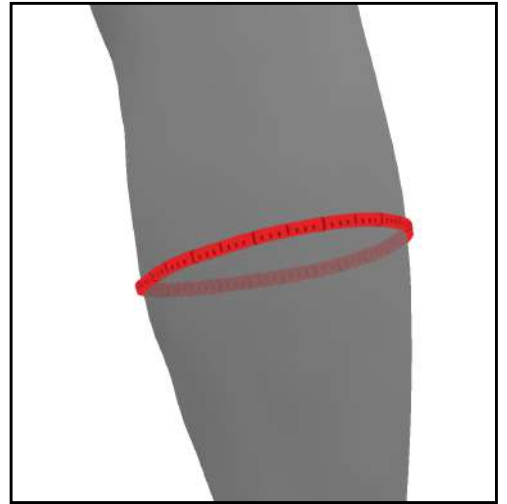
Bicep Left | 25/698 cm



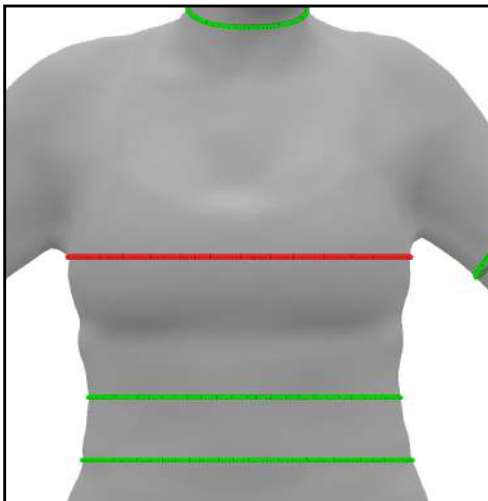
Bicep Right | 25/369 cm



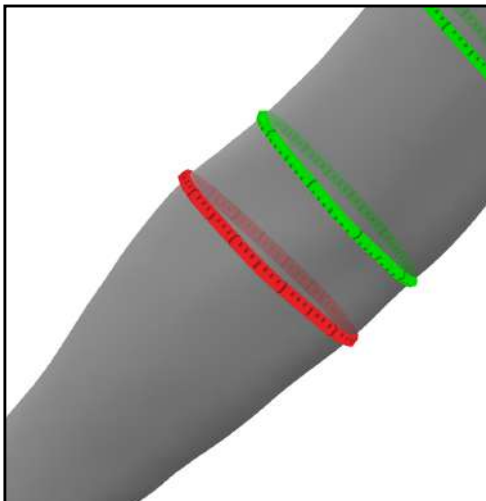
Calf Left | 29/874 cm



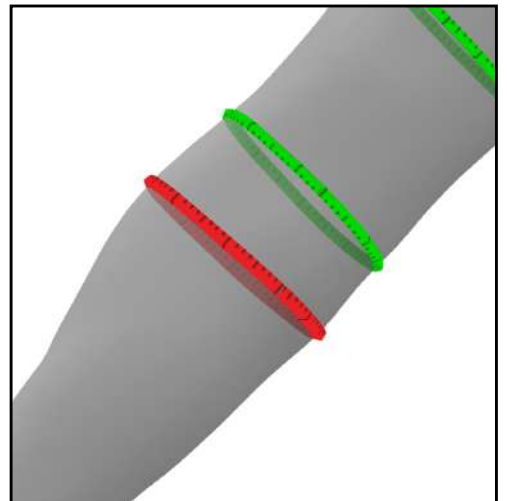
Calf Right | 30/287 cm



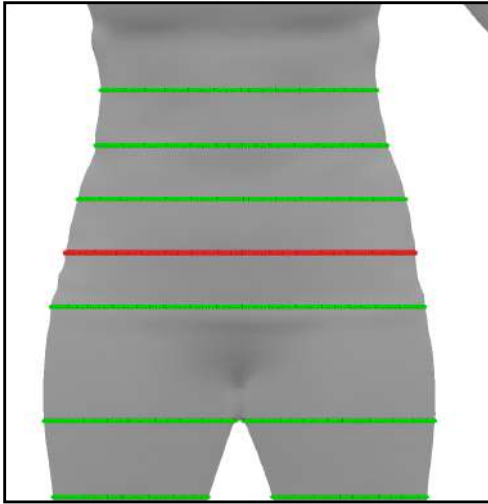
Chest | 87/350 cm



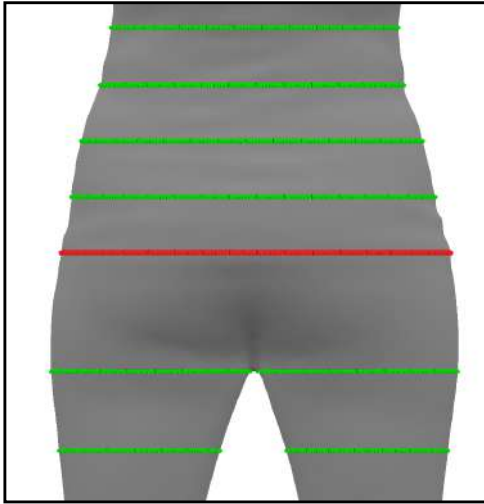
Forearm Left | 22/411 cm



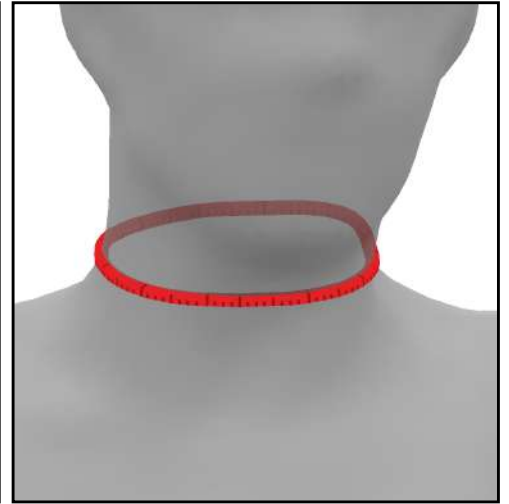
Forearm Right | 21/967 cm



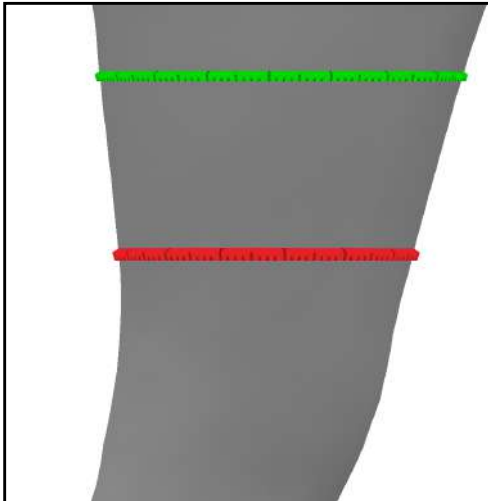
High Hip | 92/588 cm



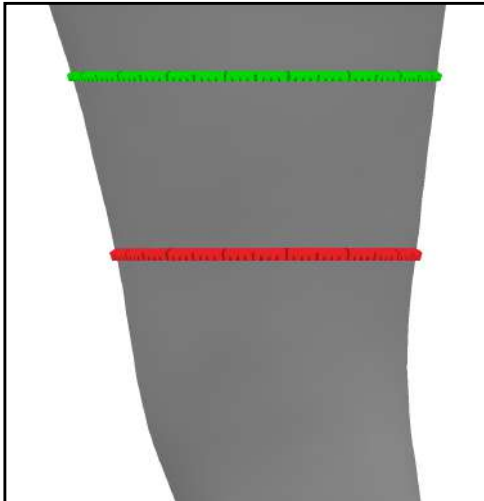
Hip | 97/898 cm



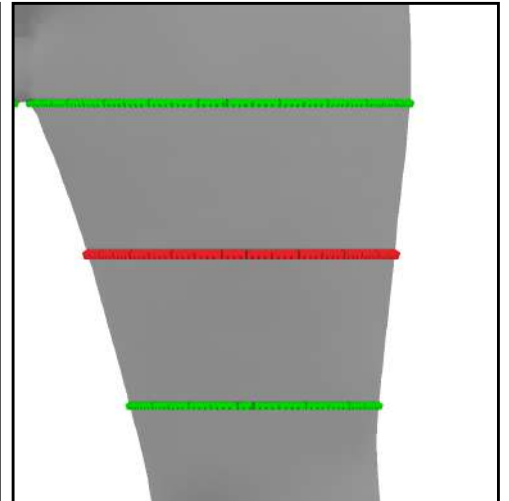
Neck | 31/679 cm



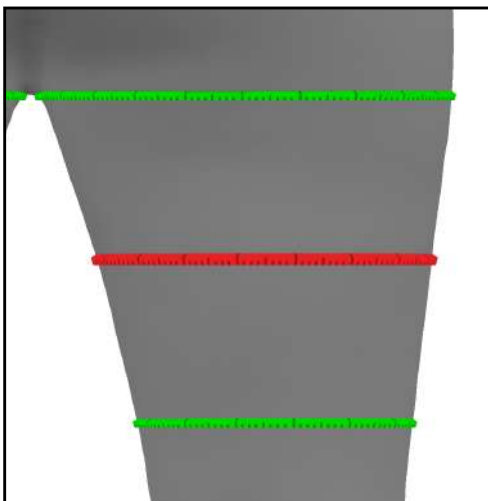
Thigh Left Lower | 40/071 cm



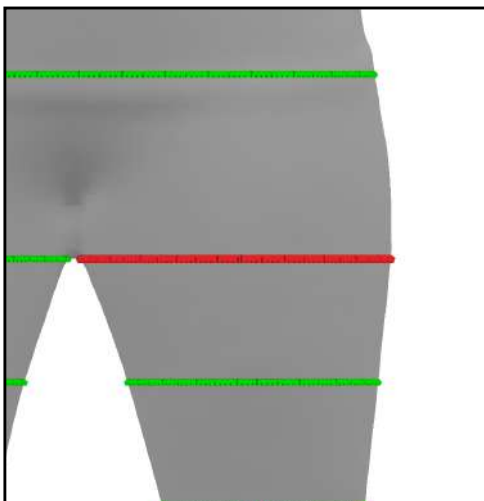
Thigh Right Lower | 40/159 cm



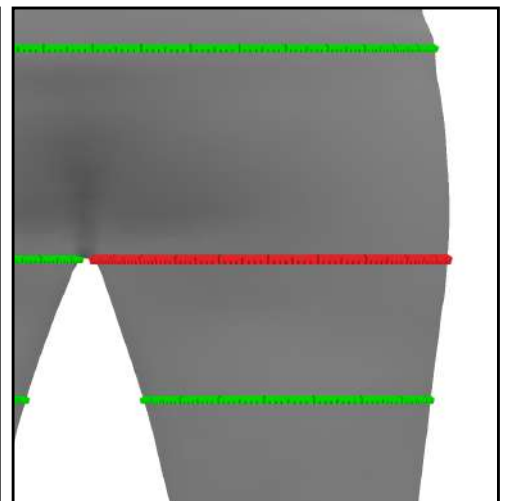
Mid-Thigh Left | 51/640 cm



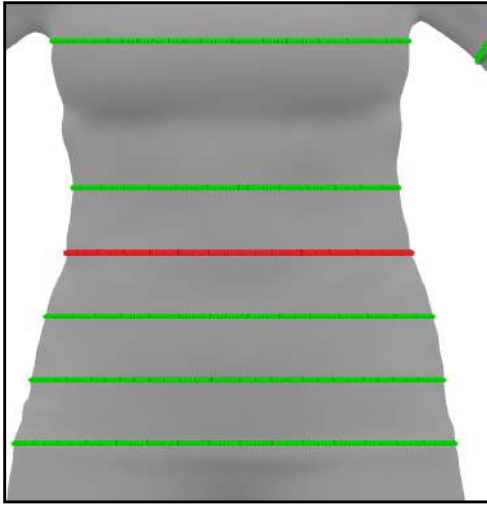
Mid-Thigh Right | 51/936 cm



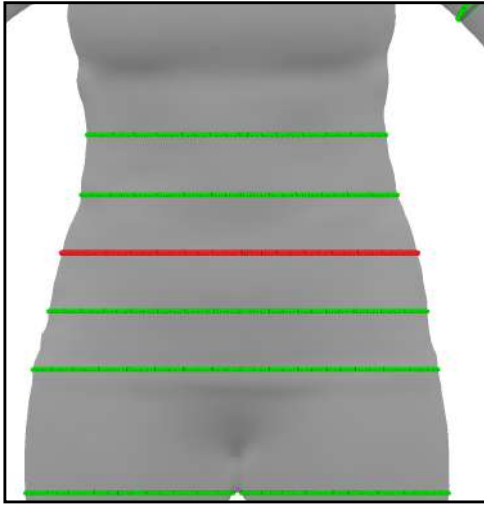
Thigh Left Upper | 56/464 cm



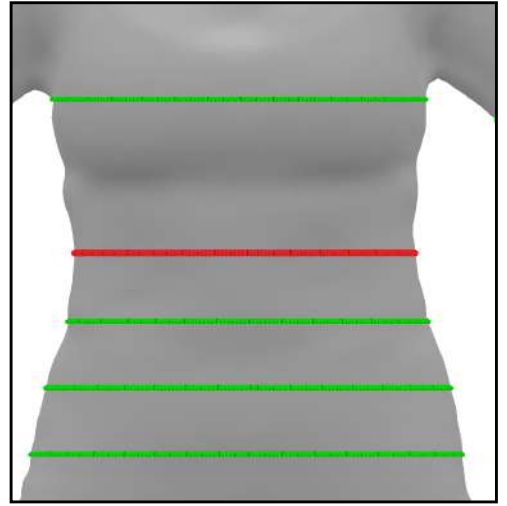
Thigh Right Upper | 57/163 cm



Waist (Abdominal) | 74/030 cm



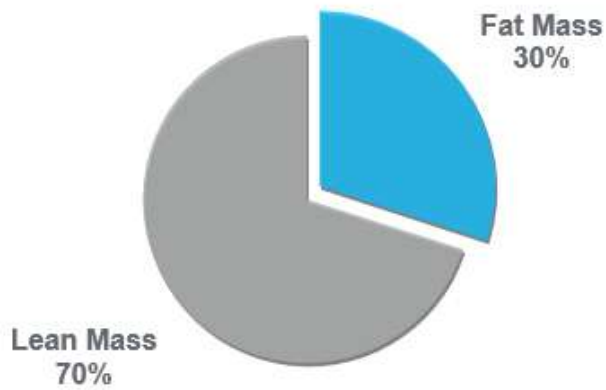
Waist (Lower) | 85/589 cm



Waist (Narrowest) | 71/019 cm

## Body Composition

Your body is made up of 19 kg of fat mass and 44 kg of lean body mass.



**Your Rank** 30% places you on the "Average" level.



**Compared With Others** You have a lower body fat than 20% of women, between ages 30-39.





## Fat Loss Goal

Select the amount of fat (in kg) you wish to lose.



5/1  
Kilograms of Fat

24%  
Body Fat

Fit  
Rank

## Workouts per Week

Select the number of workouts per week you wish to do.



3 Workouts  
per Week

0/7 kg Lost  
per Week

## Goal Date

You'll reach your goal on the date below at this activity level.

ژوئیه ۳۰، ۲۰۱۷

## Resting Metabolic Rate (RMR)

This is how many calories you burn each day without doing any activity.

1346 Calories/day

## Caloric Expenditure

This is the total calories you burn each day.

2019 Calories/day

## Caloric Deficit

You'll reach your goal by the target date with this caloric deficit.

404 Calories/day deficit

## Goal Date

You'll reach your goal on the date below at this activity level.

ژوئیه ۳۰، ۲۰۱۷

**Caloric Consumption** Keep your daily calorie intake at or below the level listed below.

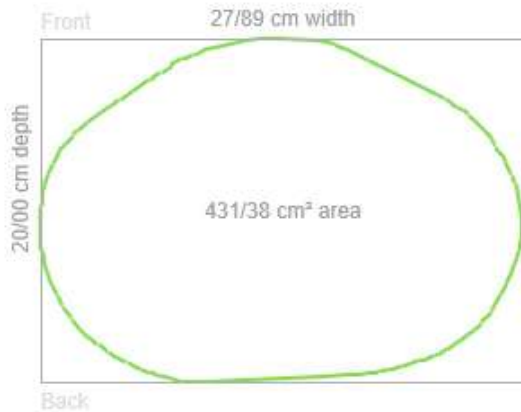


Personalize

1615 Calories from Food and Beverage

## Waist Shape

Your waist measures 74/03 cm. Below is a top view of the shape of your waist.



## Waist Circumference 74 cm puts you at low risk of disease.



## Waist-to-Hip Ratio 0/76 puts you at low risk of disease.



**Risk Level** 74 cm puts you at low risk of disease.



**Diseases** Below is your likelihood of disease compared to those with an ideal waist line.

**1x**  
More likely to suffer from Cancer

**1x**  
More likely to suffer from Cardiovascular Disease

**1x**  
More likely to suffer from Respiratory Disease

**1x**  
More likely to suffer from All Other Diseases

**CM-Loss Goal** Select the amount of centimeters you'd like to lose around your waist.



**-11/39 cm**  
Change in Waist Circumference

**Low**  
Risk Level

**Diseases** Below is your likelihood of disease compared to those with an ideal waist line.

**1x**  
More likely to suffer from Cancer

**1x**  
More likely to suffer from Cardiovascular Disease

**1x**  
More likely to suffer from Respiratory Disease

**1x**  
More likely to suffer from All Other Diseases