

NAME: _____

DATE: _____

WEIGHT: _____

BMR: _____

BODY AGE: _____

UNDERSTANDING YOUR MEASUREMENT RESULTS

Interpreting the BMI Result

BMI	BMI (designation by the WHO)	BMI Rating
Less than 18.5	- (underweight)	7.0 – 10.7 10.8 – 14.5 14.6 – 18.4
18.5 or more and less than 25	0 (Normal)	18.5- 20.5 20.6 – 22.7 22.8 – 24.9
25 or more and less than 30	+ (Overweight)	25.0 – 26.5 26.6 – 28.2 28.3 – 29.9
30 or more	++ (Obese)	30.0 – 34.9 35.0 – 39.9 40.0 – 90.0

Interpreting the Body Fat Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 – 32.9	33.0 – 38.9	≥ 39.0
	40-59	< 23.0	23.0 – 33.9	34.0 – 39.9	≥ 40.0
	60-79	< 24.0	24.0 – 35.9	36.0 – 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 – 19.9	20.0 – 24.9	≥ 25.0
	40-59	< 11.0	11.0 – 21.9	22.0 – 27.9	≥ 28.0
	60-79	< 13.0	13.0 – 24.9	25.0 – 29.9	≥ 30.0

Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 – 30.3	30.4 – 35.3	≥ 35.4
	40-59	< 24.1	24.1 – 30.1	30.2 – 35.1	≥ 35.2
	60-80	< 23.9	23.9 – 29.9	30.0 – 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 – 39.3	39.4 – 44.0	≥ 44.1
	40-59	< 33.1	33.1 – 39.1	39.2 – 43.8	≥ 43.9
	60-80	< 32.9	32.9 – 38.9	39.0 – 43.6	≥ 43.7

Interpreting the Visceral Fat Level Result

Visceral Fat Level ≤ 9	10 ≤ Visceral Fat Level ≤ 14	Visceral Fat Level ≥ 15
0 (Normal)	+ (High)	++ (Very High)

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