



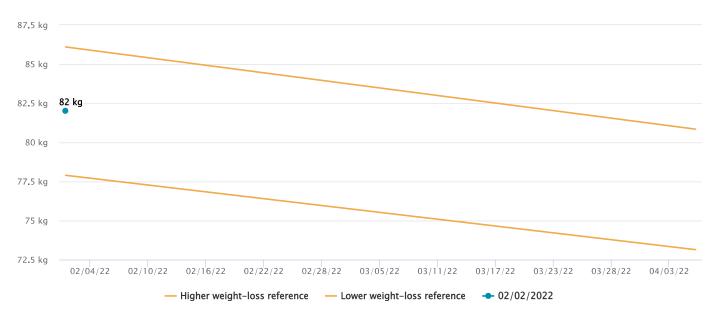
Lact User Male (AGE: 40)

Assessment of: 02/02/202210:01 AM

82.0 kg Male Weight: 73.3% (TBW/FFM) RZ: **555** Ω BMI: 25.3 kg/m² Gender: Hydration: Date of Birth: 01/01/1982 Height: **180.0** cm Nutrition: 858 (mg 24h/htm) XC: **55** Ω

Weight loss paramet	ers Daily calories (kcal/day)	Diet duration (week)	вмі	
5	1853	9	20	
With physical activities Add Physical Activity				
BMR: 1545.2 kcal BMR x PAL: 1996.2 kcal Starting weight: 82 kg Target weight: 77 kg				

By selecting the BMI, the calory intake and the weight to lose, this report calculate the theorical time to reach the target weight, identified by the area between the yellow lines, which are the ±5% of the ideal weight loss. Keeping a regular physical activity level (dark line, if set) can help speed up the weight loss process and to maintain Fat Free Mass and Body Cell Mass. Real weight variations are recorded and showed as blue points. Not following the ideal weight loss patterns is normal as weight loss is a physiological process which is strongly influenced by a number of factors.



Formula ver. (or Configuration) Weight Control, Software ver. 3.0.27 $\boldsymbol{\mathsf{I}}$ Serial Number: BVA1617

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