

Healthy Edge Lite™ Software Scale Measurement

Name Daniel Krygowski

Age/Gender 39 Male

Date/Time 5.9.25 17:13

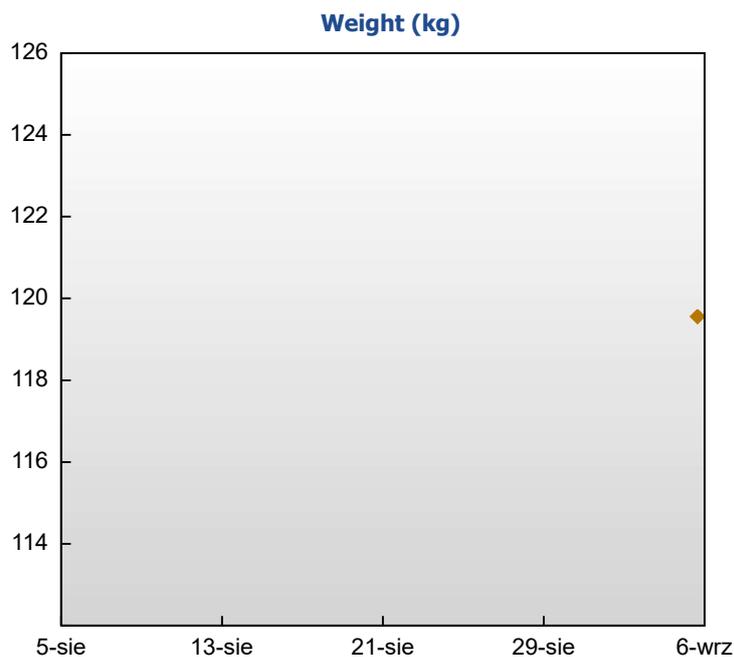
Height 185.0 cm

Analyzer BC-1000

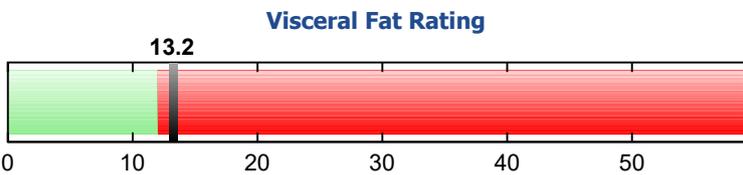
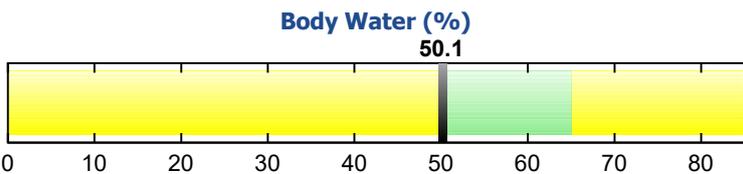
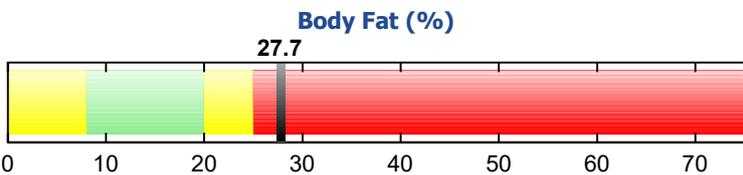
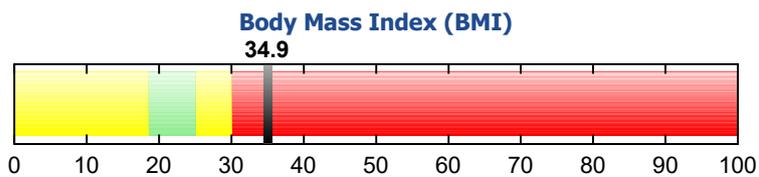
Results

Weight	119.5 kg
Body Mass Index (BMI)	34.9
Body Fat %	27.7 %
Body Fat Mass	33.1 kg
Body Fat Range	Obese
Fat Free Mass	86.4 kg
Visceral Fat Rating	13.2
Body Water %	50.1 %
Body Water Mass	59.8 kg
Muscle Mass	82.2 kg
Bone Mass	4.2 kg
Score	2613 kcal
Metabolic Age	54.0 yrs
Daily Calorie Intake	4652 kcal
Physique Rating	3-Solidly-Built

Last 30 Days

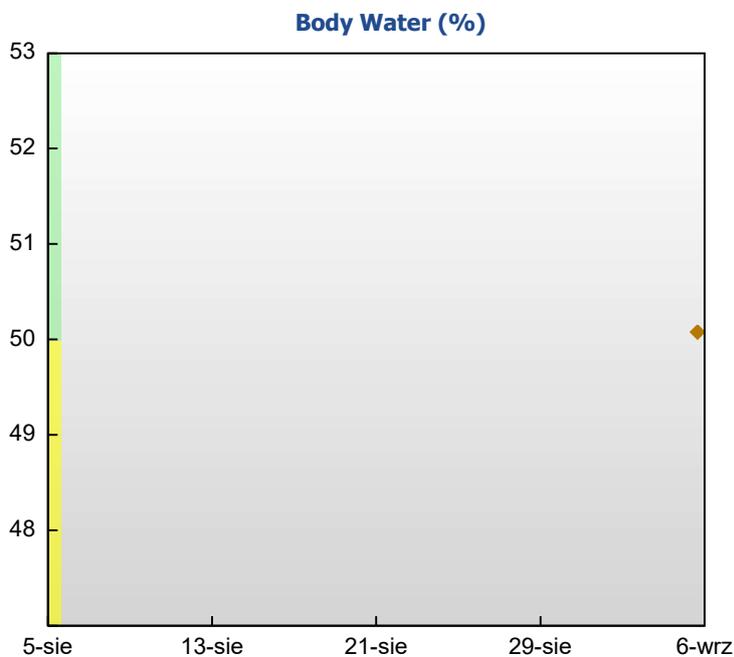
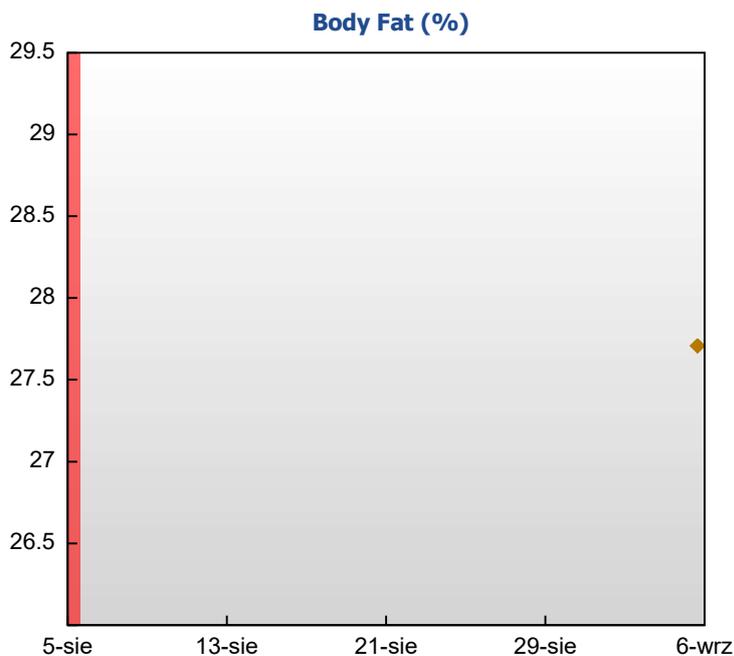


Analysis



Analysis for 39 year old Male

⋮ Goal



Healthy Edge Lite™ Software Scale Measurement

Name Daniel Krygowski

Age/Gender 40 Male

Date/Time 14.10.25 17:40

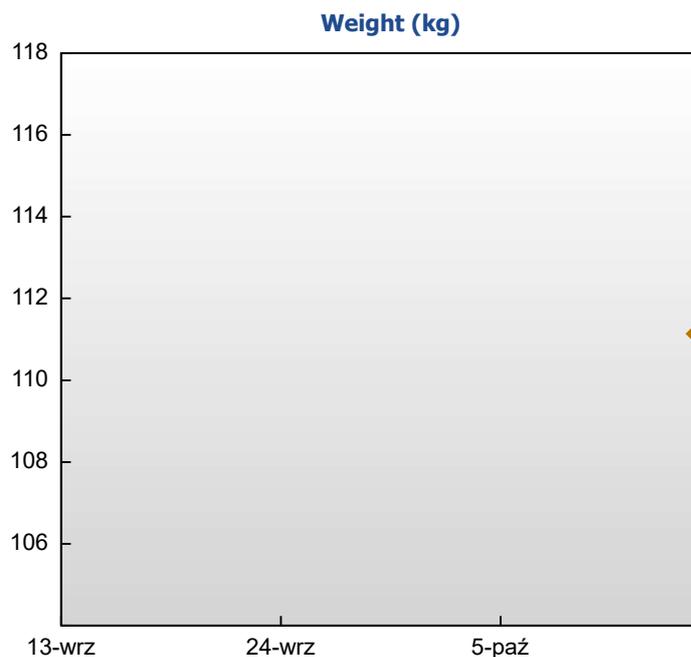
Height 185.0 cm

Analyzer BC-1000

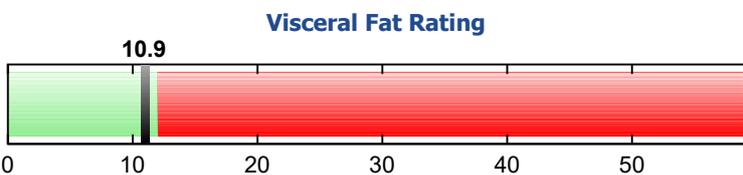
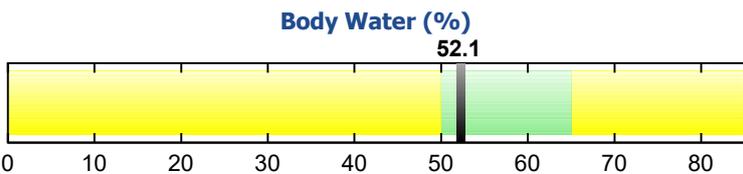
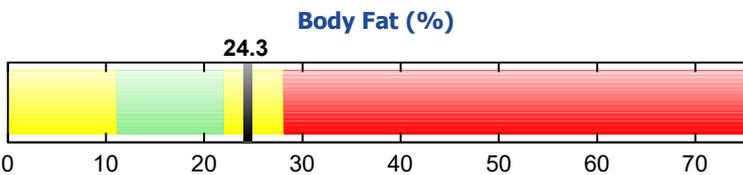
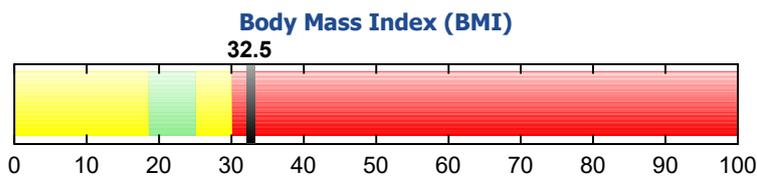
Results

Weight	111.1 kg
Body Mass Index (BMI)	32.5
Body Fat %	24.3 %
Body Fat Mass	27.0 kg
Body Fat Range	Overfat
Fat Free Mass	84.2 kg
Visceral Fat Rating	10.9
Body Water %	52.1 %
Body Water Mass	57.9 kg
Muscle Mass	80.1 kg
Bone Mass	4.1 kg
Score	2515 kcal
Metabolic Age	43.0 yrs
Daily Calorie Intake	4477 kcal
Physique Rating	3-Solidly-Built

Last 30 Days

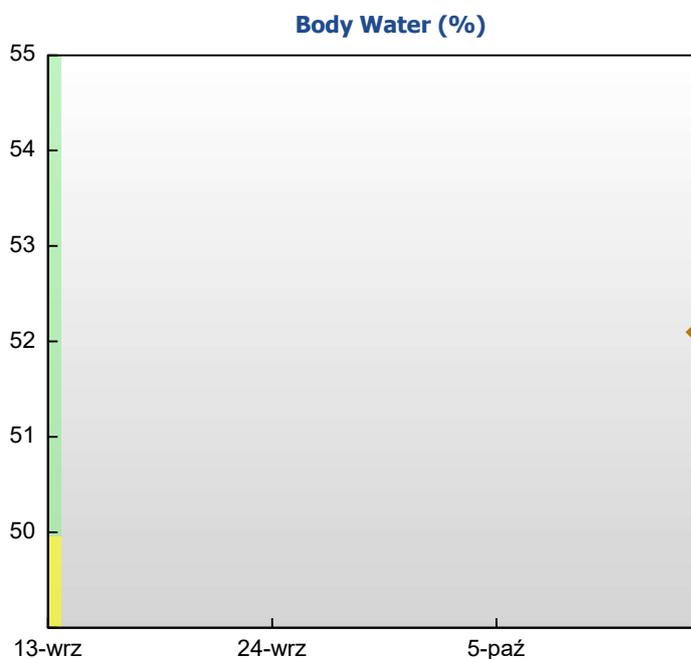
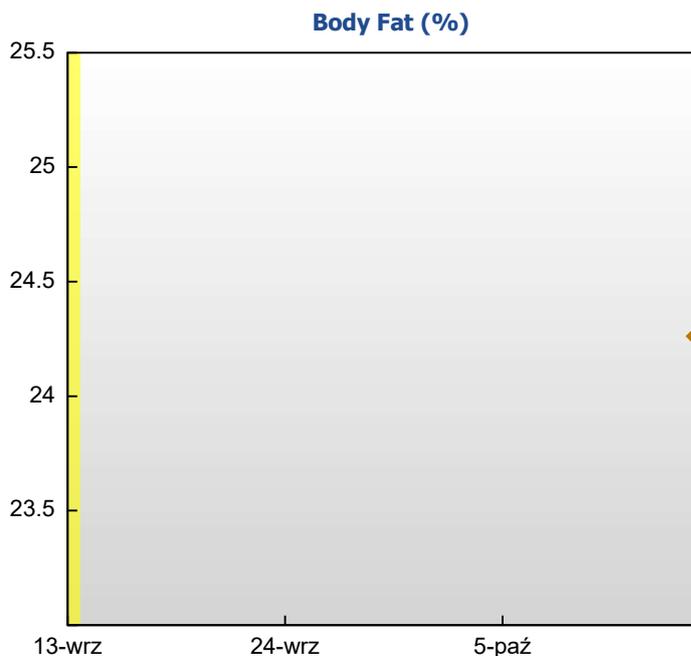


Analysis



Analysis for 40 year old Male

⋮ Goal



Healthy Edge Lite™ Software Scale Measurement

Name Daniel Krygowski

Age/Gender 40 Male

Date/Time 18.11.25 16:07

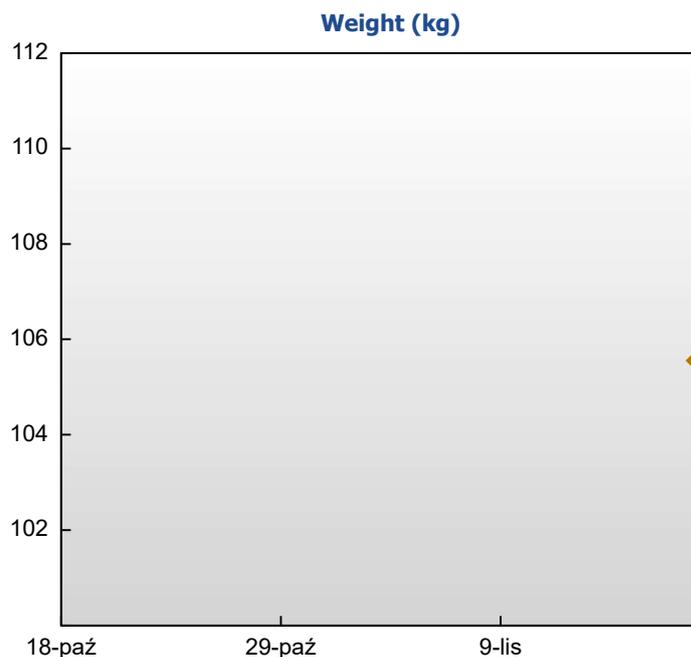
Height 185.0 cm

Analyzer BC-1000

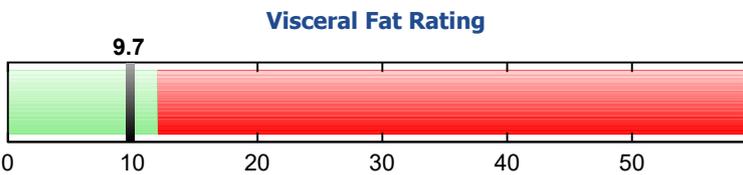
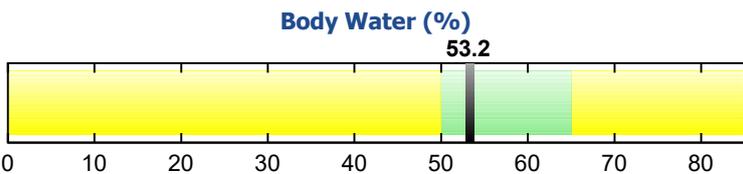
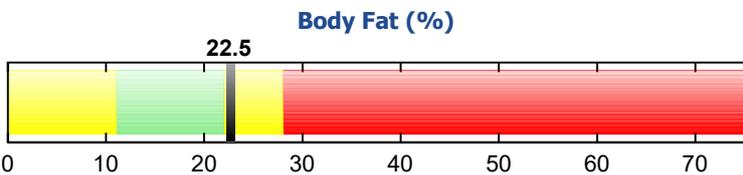
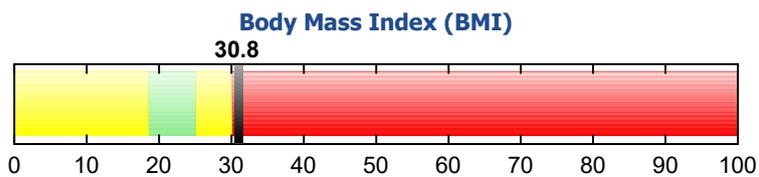
Results

Weight	105.6 kg
Body Mass Index (BMI)	30.8
Body Fat %	22.5 %
Body Fat Mass	23.8 kg
Body Fat Range	Overfat
Fat Free Mass	81.8 kg
Visceral Fat Rating	9.7
Body Water %	53.2 %
Body Water Mass	56.1 kg
Muscle Mass	77.8 kg
Bone Mass	4.0 kg
Score	2426 kcal
Metabolic Age	39.0 yrs
Daily Calorie Intake	4319 kcal
Physique Rating	3-Solidly-Built

Last 30 Days



Analysis



Analysis for 40 year old Male

⋮ Goal

