

Scan History

Recap of your scans	
# of Scans to date	6
Before/After	11 days
Net Loss/Gain	Lost 4.5 in (-1.5%)

Circumference Summary

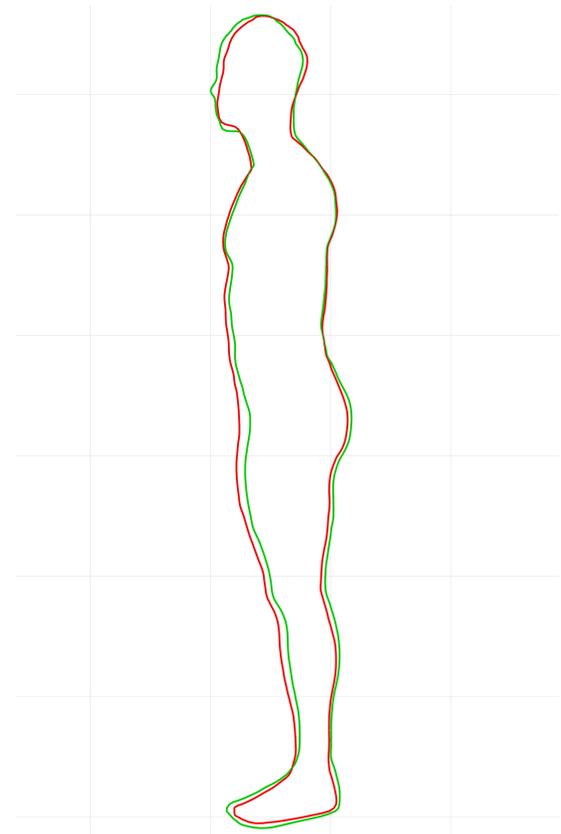
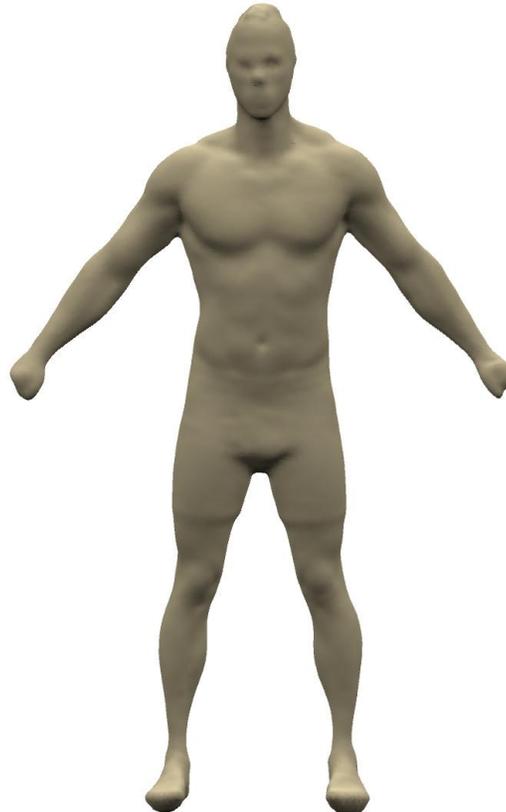
These are the biggest areas of change	
Torso	Lost 5.8 in (-2.9%)
Neck & Arms	Gained 1.2 in (3.4%)
Legs	Gained 0.1 in (0.1%)

Composition Summary

Your body composition progress	
Total Weight	Lost 4.0 lbs (-2.4%)
Body Fat %	Lost 1.6% (-8.9%)
Lean Mass %	Gained 1.5% (2.0%)

First Scan
1:37 Dec 3, 2018

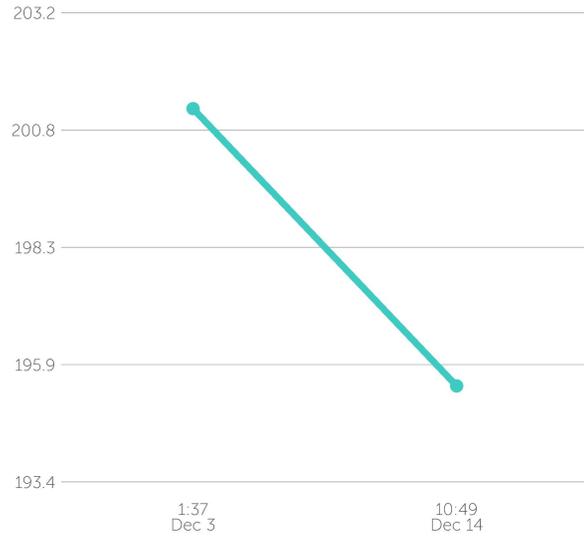
Last Scan
10:49 Dec 14, 2018



CIRCUMFERENCES - MEASUREMENTS

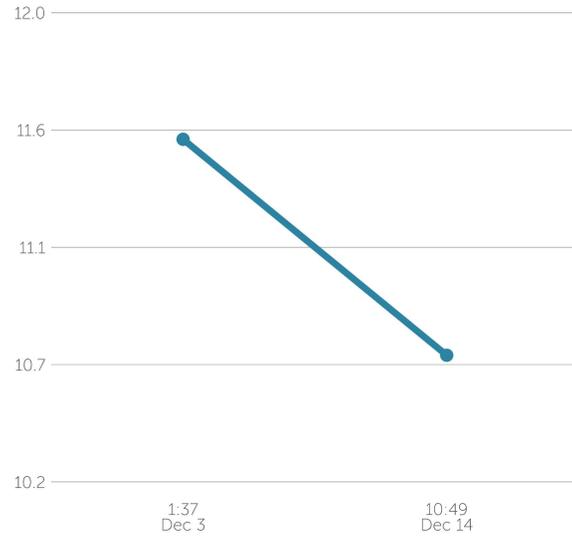
Circumference (Torso Only)

	Net	%
Total Circumference	-5.8 inches	2.9% Loss



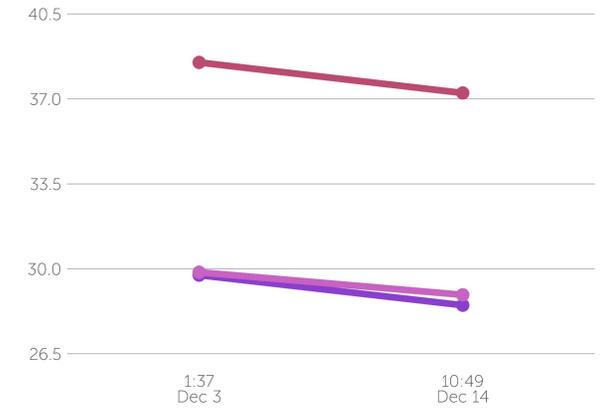
Volume (Torso Only)

	Net	%
Total Volume	-0.9 gal	7.4% Loss



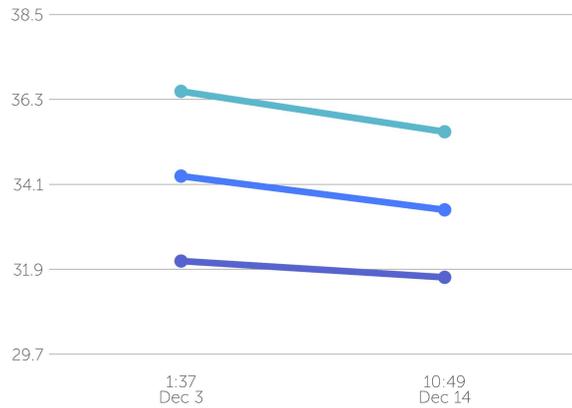
Upper Torso

	Net	%
Chest	-1.3 inches	3.3% Loss
Waist (Narrowest)	-1.2 inches	4.2% Loss
Waist (Abdominal)	-0.9 inches	3.1% Loss



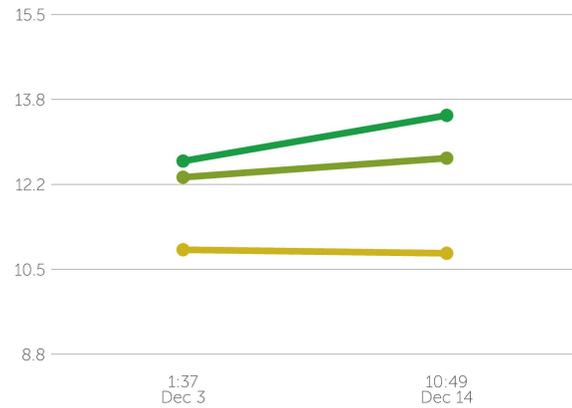
Lower Torso

	Net	%
Waist (Lower)	-0.4 inches	1.3% Loss
High Hip	-0.9 inches	2.6% Loss
Hip	-1.1 inches	2.9% Loss



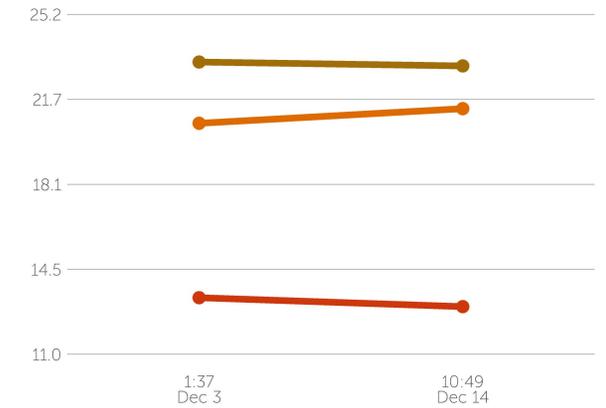
Neck & Arms

	Net	% Change
Neck	0.9 inches	7.2% Gain
Bicep	0.4 inches	3.1% Gain
Forearm	-0.1 inches	0.6% Loss



Legs

	Net	% Change
Thigh	-0.2 inches	0.7% Loss
Mid-Thigh	0.6 inches	3.0% Gain
Calf	-0.4 inches	2.8% Loss



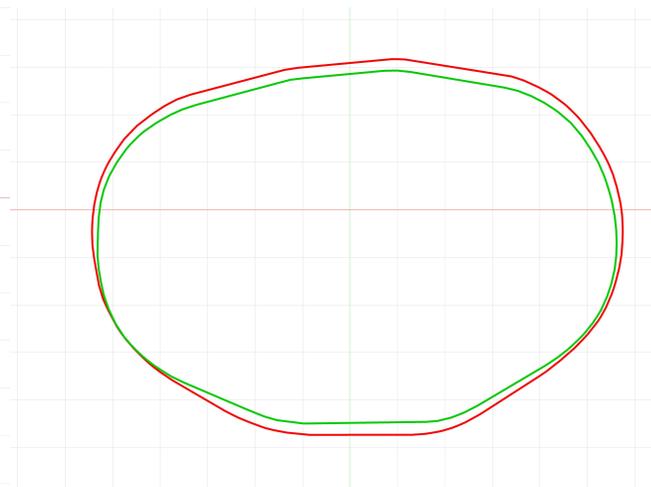
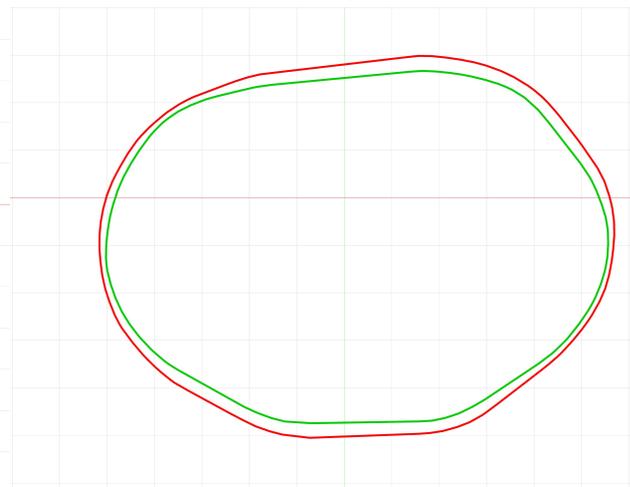
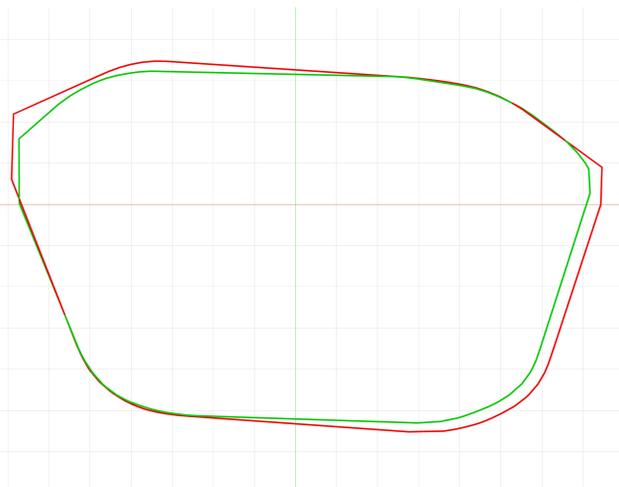
CIRCUMFERENCES - TORSO CROSS-SECTIONS

MICHAEL GLICK

	Net	%
Chest		
Chest	-1.3 inches	3.3% Loss

	Net	%
Waist (Narrowest)		
Waist (Narrowest)	-1.2 inches	4.2% Loss

	Net	%
Waist (Abdominal)		
Waist (Abdominal)	-0.9 inches	3.1% Loss



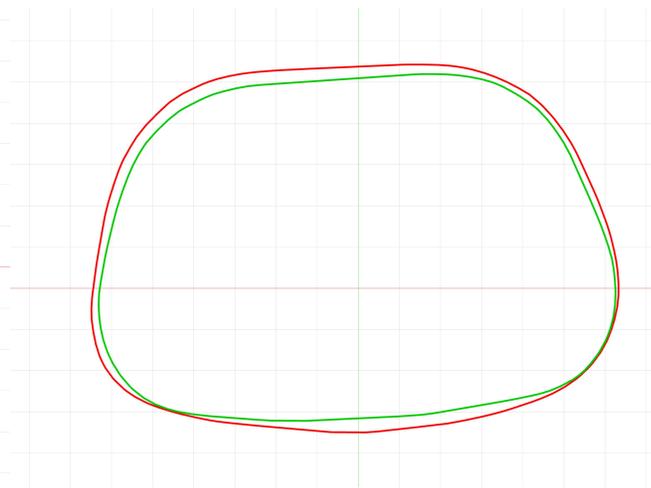
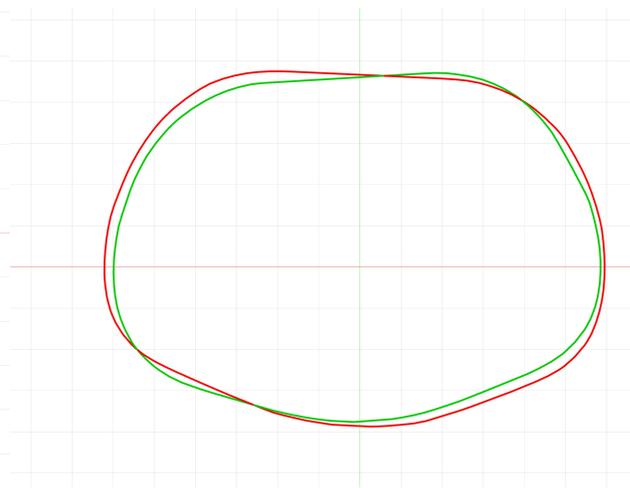
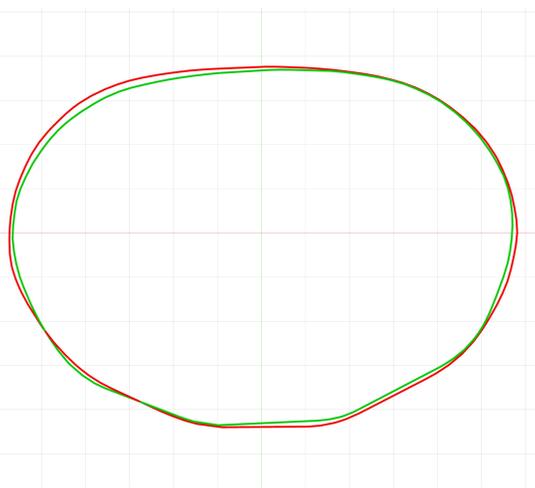
First Scan
1:37 Dec 3, 2018

Last Scan
10:49 Dec 14, 2018

	Net	%
Waist (Lower)		
Waist (Lower)	-0.4 inches	1.3% Loss

	Net	%
High Hip		
High Hip	-0.9 inches	2.6% Loss

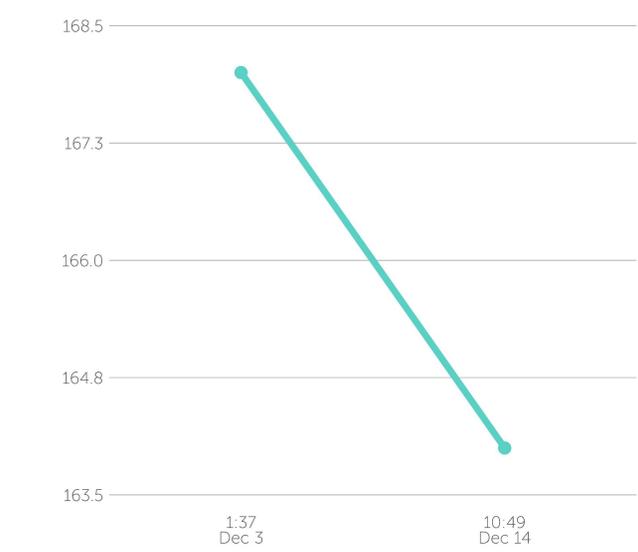
	Net	%
Hip		
Hip	-1.1 inches	2.9% Loss



BODY COMPOSITION - FAT AND LEAN MASS MICHAEL GLICK

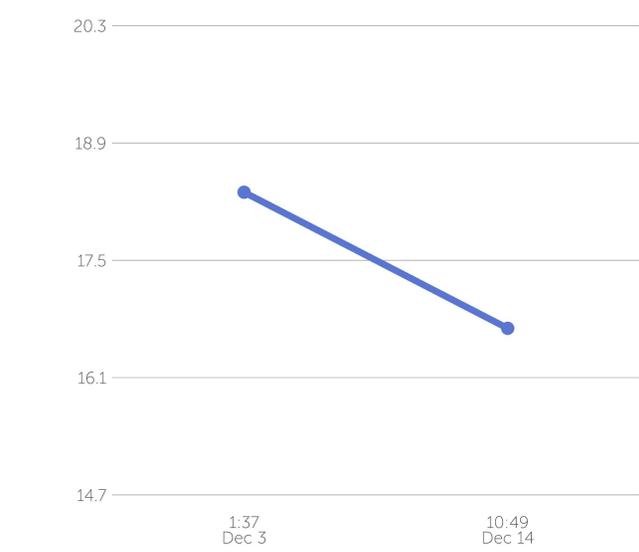
Total Weight

	Net	%
Total Weight	-4.0 lbs	2.4% Loss



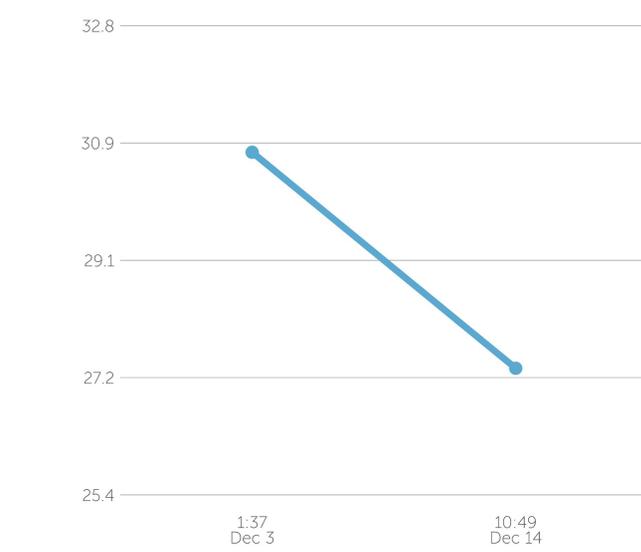
Body Fat %

	Net	%
Body Fat %	-1.6 %	8.9% Loss



Fat Mass

	Net	%
Fat Mass	-3.4 lbs	11.1% Loss



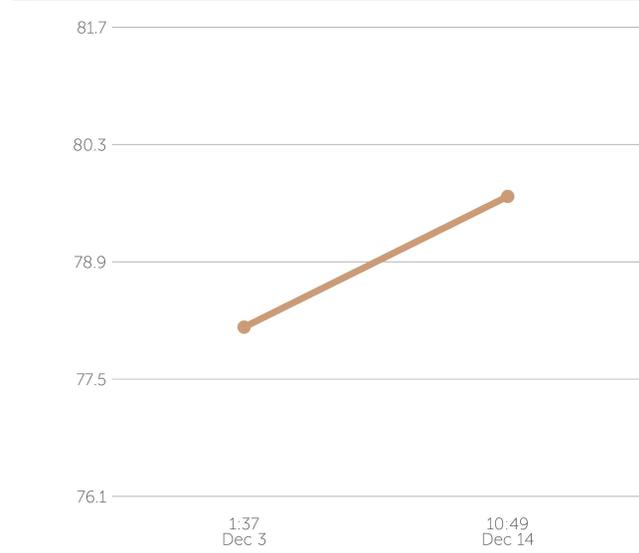
Body Fat Ranking

Body Fat Ranking



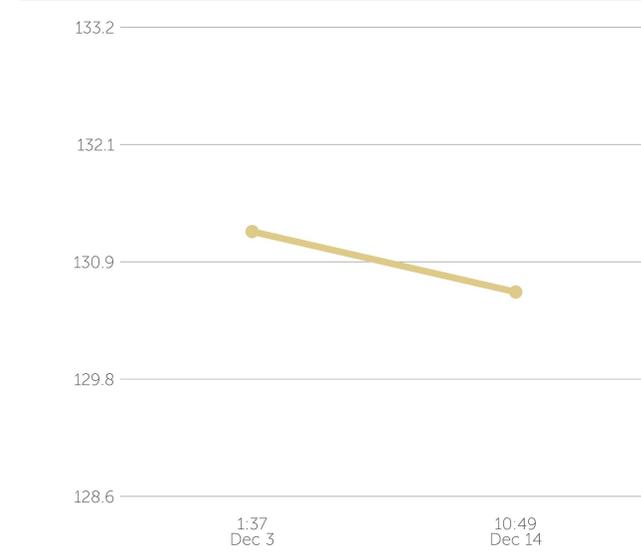
Lean Mass %

	Net	%
Lean Mass %	1.5 %	2.0% Gain



Lean Mass

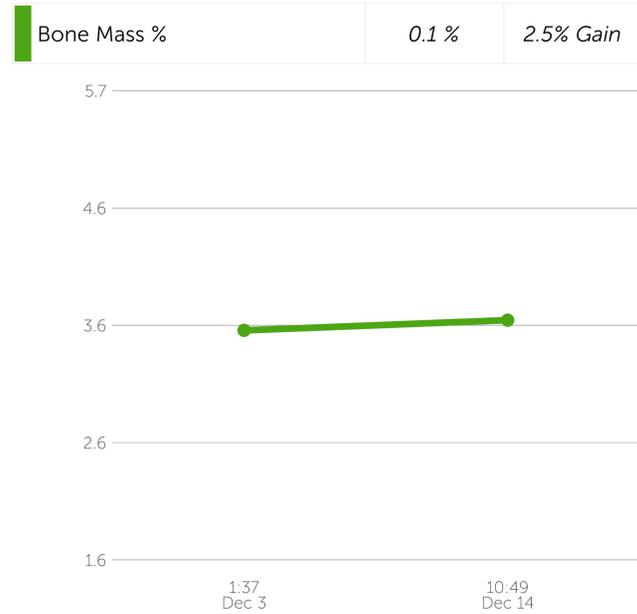
	Net	%
Lean Mass	-0.6 lbs	0.5% Loss



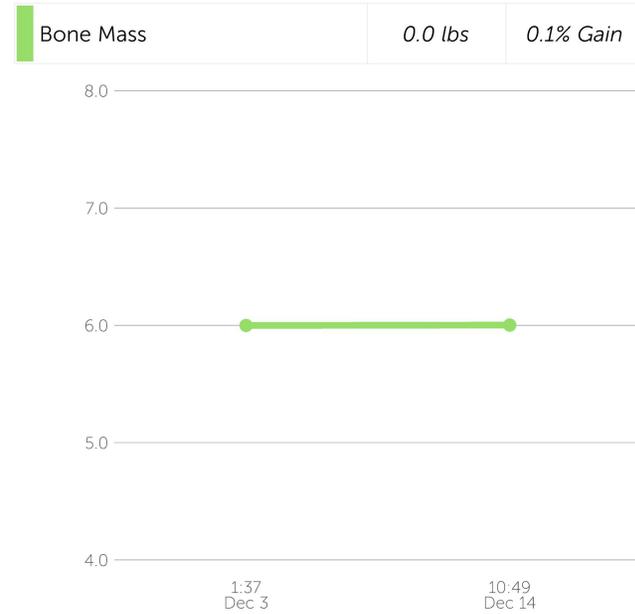
BODY COMPOSITION - MINERAL CONTENT

MICHAEL GLICK

Bone Mass % Net %



Bone Mass Net %



LEGEND

Bone Mass %

Bone Mass % is the percentage of bone mineral as compared to your total body weight. On average, adults have a bone mineral content of 3-5% of their total body weight. As you age, this can decrease and bone loss can occur, which can be detrimental to your health.

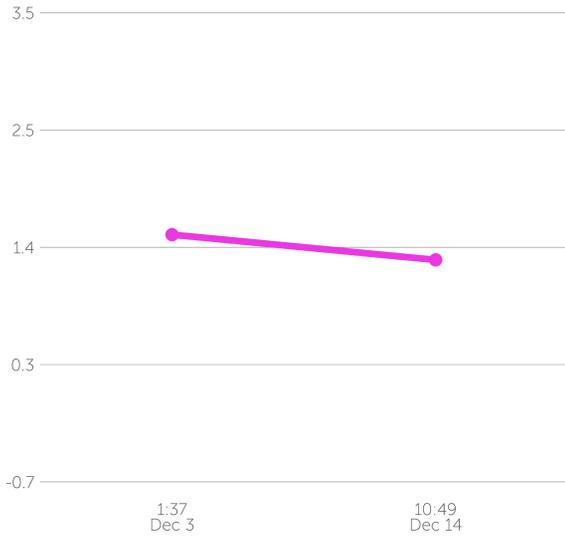
Bone Mass

Bone Mass is the amount of bone mineral in your body.

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

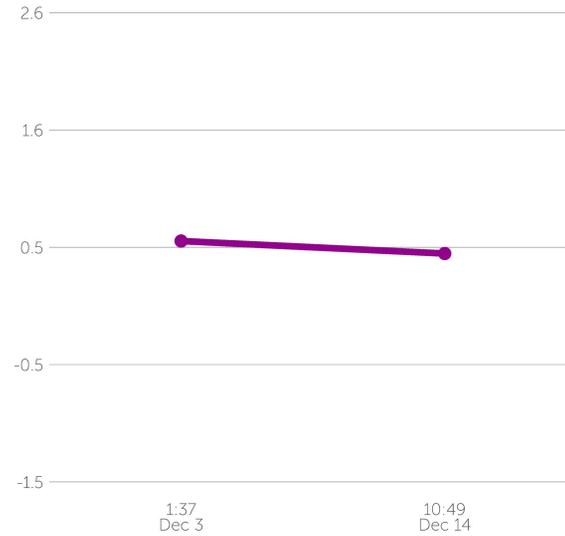
Subcutaneous Fat

	Net	%
Subcutaneous Fat	-0.2 lbs	14.9% Loss



Visceral Fat

	Net	%
Visceral Fat	-0.1 lbs	18.7% Loss



LEGEND

Subcutaneous Fat

Android SAT Fat Mass is the amount of Subcutaneous Adipose Tissue (SAT) in your abdomen or belly. SAT is the fat carried just under your skin. Most of the fat in your body is SAT, and this type of fat has the biggest impact on your body's size and shape.

Visceral Fat

Android VAT Fat Mass is the amount of Visceral Adipose Tissue (VAT) in your abdomen or belly. VAT is the fat surrounding your internal organs, including your heart, liver and lungs. While some VAT is necessary, a high amount is associated with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

Android Fat Mass

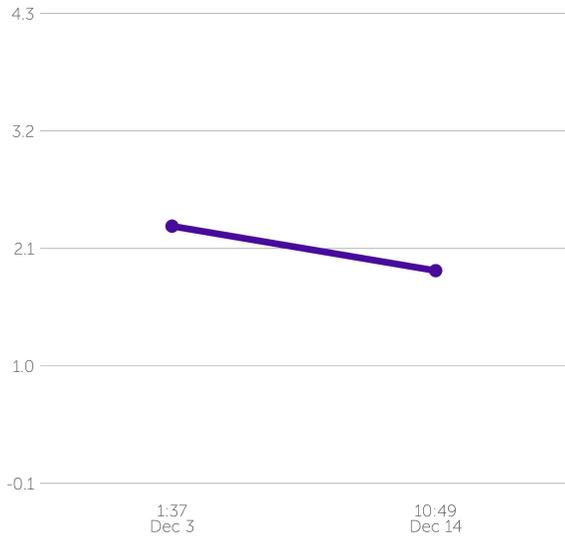
Android Fat Mass refers to fat stored around the upper body, in the belly and waist. This region is where men typically carry the most fat.

Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.

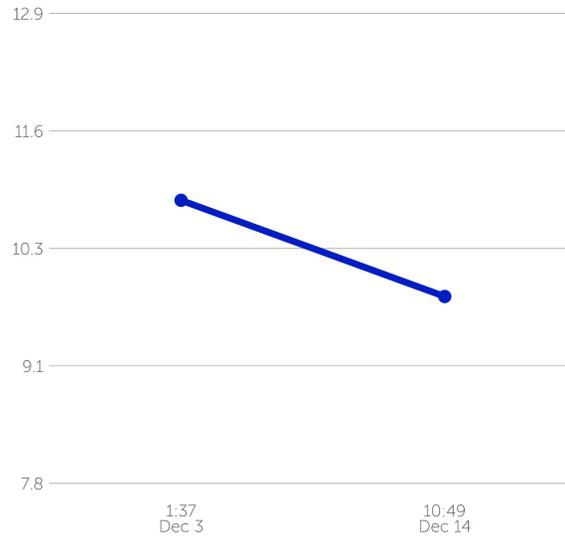
Android Fat Mass

	Net	%
Android Fat Mass	-0.4 lbs	17.9% Loss



Gynoid Fat Mass

	Net	%
Gynoid Fat Mass	-1.0 lbs	9.5% Loss



3D SCANS MICHAEL GLICK

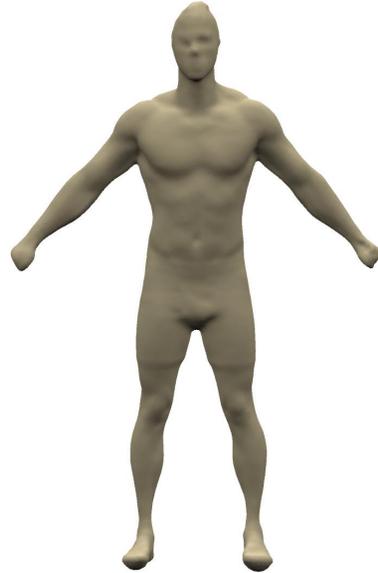
1:37 Dec 3, 2018



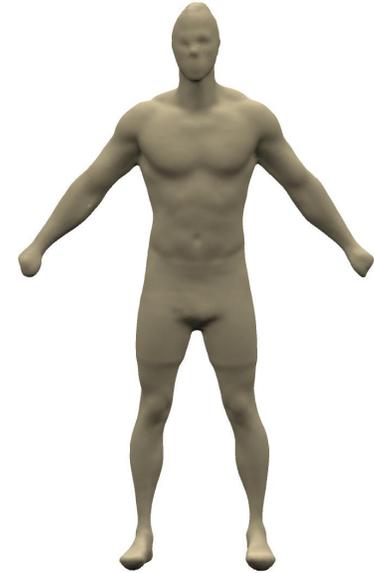
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10:47 Dec 14, 2018

