



Your progress report

Oct 18, 2026

Prepared for Sample profile - illustrative data · Inches / pounds · Compared with Aug 23, 2026

Daily averages · 1 scan this day · Asia/Hong Kong

Body fat

22.8 %

-1.4 pp

Fat mass

40.6 lb

-3.1 lb

Lean mass

137.5 lb

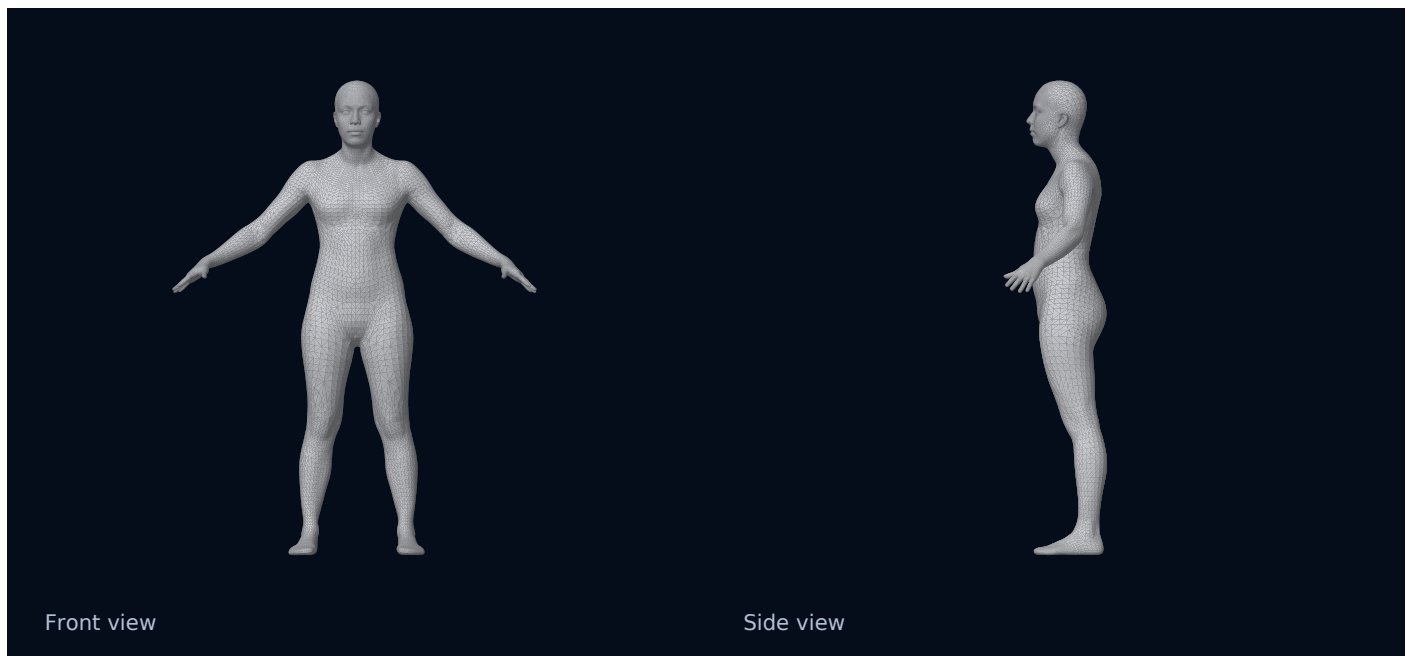
+0.5 lb

Waist

34.0 in

-1.0 in

Your 3D body view



Views share one physical scale. Body views show individual scans. Original photos are not included.

Results are estimates for personal wellness tracking, not a diagnosis. Lean mass is not muscle mass.

ABOUT THIS SAMPLE

Measurements show an illustrative progress record, not customer results.

The 3D reference is from a separate photo and does not depict these measurements.

Your trends

Each connected point is the mean of matching scans on one calendar day. Small points show individual scans. Different methods are not connected. Body-fat changes use percentage points (pp).



Progress report



Your measurements

Oct 18, 2026 · Earlier check-in: Aug 23, 2026. A dash means a value or comparable change is unavailable.

Body composition

MEASUREMENT	DAILY AVG	EARLIER DAY	CHANGE
Body fat	22.8 %	24.2 %	-1.4 pp
Fat mass	40.6 lb	43.7 lb	-3.1 lb
Lean mass	137.5 lb	137.0 lb	+0.5 lb

Body measurements

MEASUREMENT	DAILY AVG	EARLIER DAY	CHANGE
Waist	34.0 in	35.0 in	-1.0 in

Waist-to-height ratio

MEASUREMENT	DAILY AVG	EARLIER DAY	CHANGE
Waist-to-height	0.49	0.51	-0.01

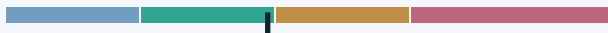
Your categories & ranges

All categories are listed. The highlighted row shows where your value falls. Screening bands provide context, not a diagnosis; body-fat bands are provisional research comparisons.

Waist-to-height · 0.494

NICE adult bands · BMI below 35

Your category: Healthy waist range



Low ratio Below 0.400

Healthy waist range	0.400 to <0.500	YOU
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Increased waist range 0.500 to <0.600

High waist range 0.600 or above

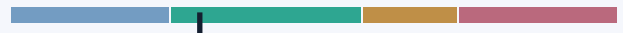
Your waist is 49.4% of your height. In the NICE healthy central-adiposity band, which describes fat carried around the abdomen.

NICE NG246

Body fat · 22.8%

Research bands · Female · Ages 20-39

Your research band: Reference range



Low Below 21%

Reference range	21 to <33%	YOU
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Elevated 33 to <39%

High 39% or above

This band corresponds to the study's healthy-weight BMI interval for your age and sex.

Gallagher et al. (2000)

Research and guideline sources

NICE. Overweight and obesity management, NG246, recommendations 1.9.5-1.9.15.

Gallagher et al. Am J Clin Nutr. 2000;72:694-701. Table 4. doi:10.1093/ajcn/72.3.694.

Full categories, qualifications, and source links: movisionlabs.royalguppy3.chatgpt.site/references

Use a consistent stance, clothing, camera setup, and measurement routine for useful comparisons. Share this personal record thoughtfully; it contains your body information.