

Fit3D Assessment: Rudys Santana

Results from your Fit3D scan

Rudys, thank you for being a Fit3D user. This report includes basic fitness results of your scan from Feb, 05 2016 07:04 and summaries of your physical changes since your first scan as a Fit3D user. To see additional details or to compare against previous scans, please log in to <https://app.fit3d.com>. If you have any questions please contact us at support@fit3d.com.

Basic Information

Scan Date: Feb, 05 2016
 Gender: Male
 Height: 6ft 1in
 Weight: 200.0lbs

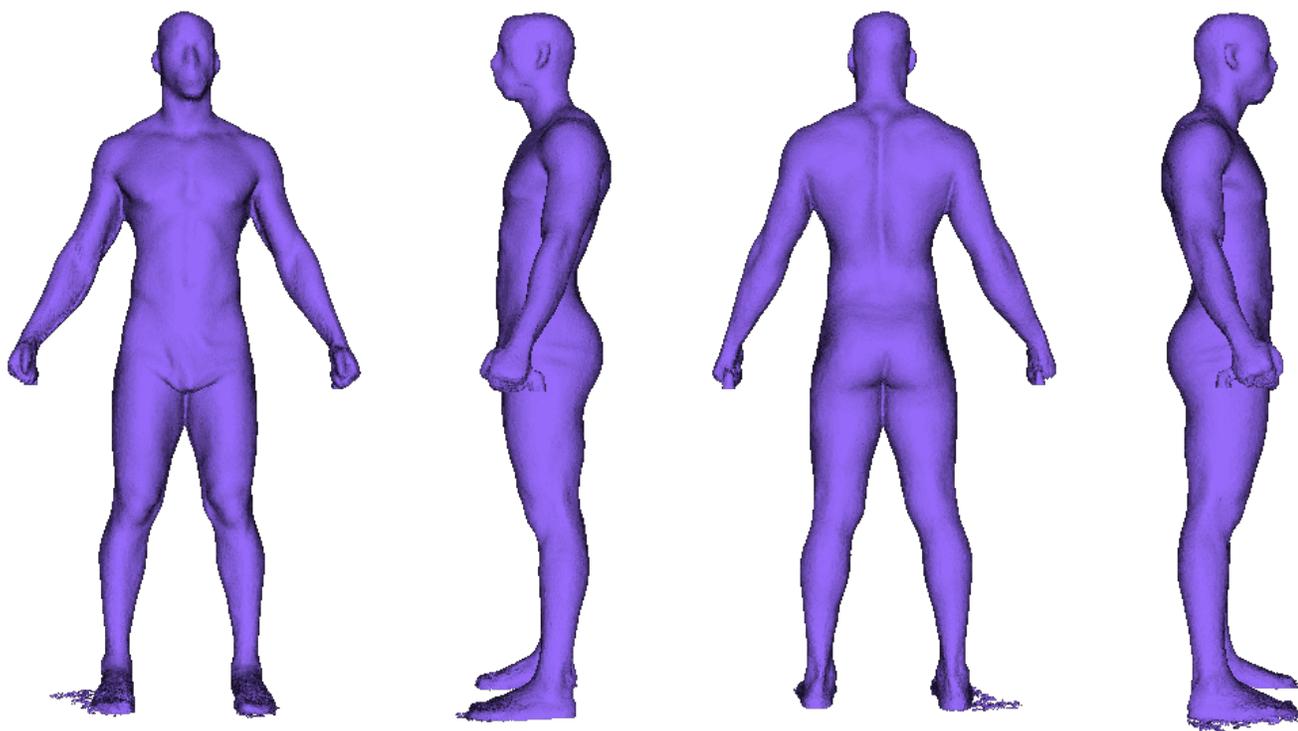
Current Measurements

Measurements (inches):
 Chest: 44.5
 Waist: 32.1
 Hips: 40.8
 Biceps (R): 14.2
 Biceps (L): 14.1
 Forearm (R): 12.2
 Forearm (L): 11.8
 Thigh (R): 26.0
 Thigh (L): 25.6
 Calf (R): 15.9
 Calf (L): 15.8

Overall Change

Measurements (inches):
 Chest: -1.2
 Waist: -0.7
 Hips: -2.9
 Biceps (R): -0.7
 Biceps (L): -0.4
 Forearm (R): -0.3
 Forearm (L): 0.4
 Thigh (R): -4.9
 Thigh (L): -5.3
 Calf (R): -0.2
 Calf (L): 0.2

Scan Snapshots



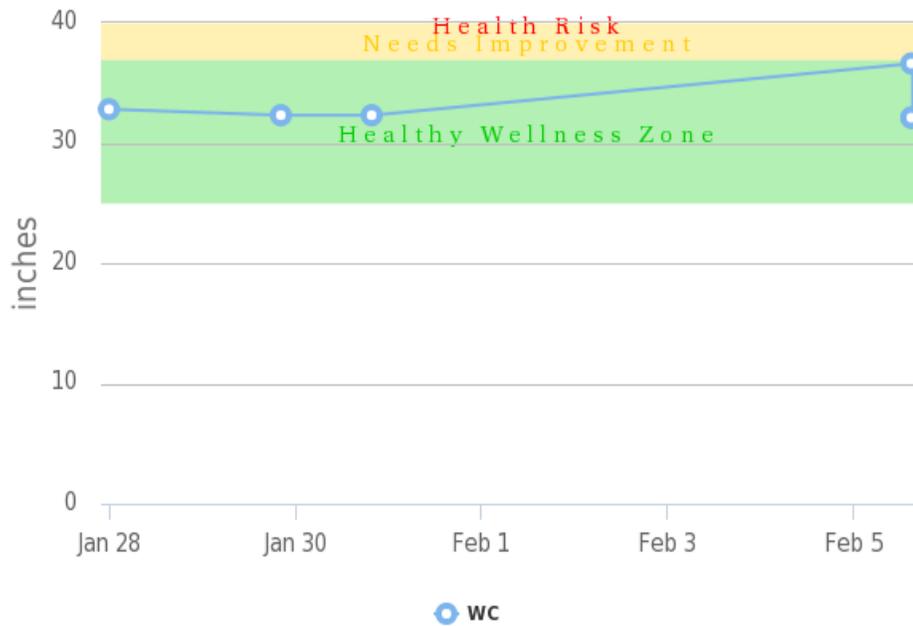
These snapshots are 0°, 90°, 180° and 270° rotation views of your scan. To see a more detailed

Wellness Charts

The following charts map your wellness progress since your first Fit3D scan to help you see how your body has been changing over time. For more detailed, interactive charts, please log in to your account at <https://app.fit3d.com> and visit the Dashboard page.

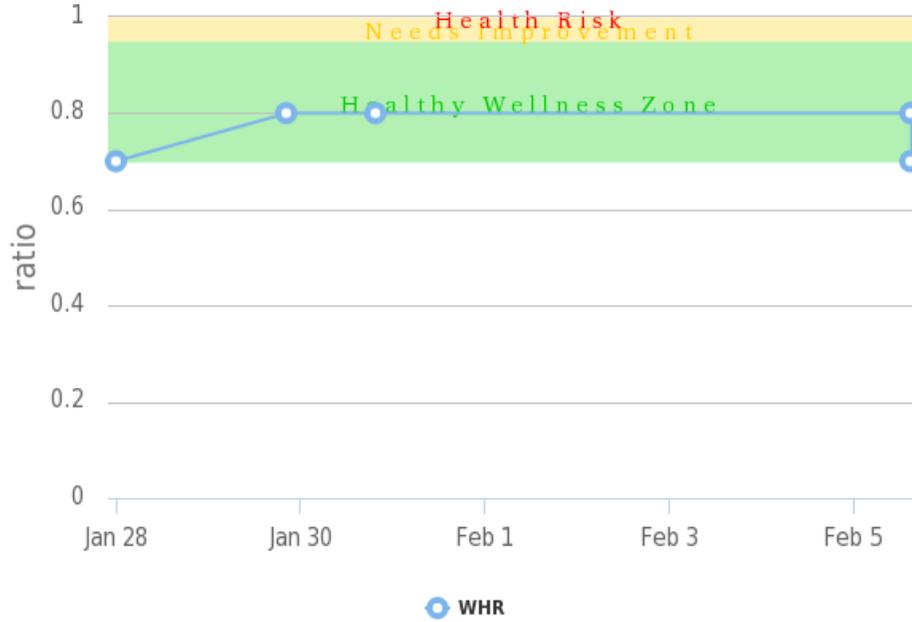
Waist Circumference

Measuring your waist circumference is a simple check to tell how much body fat you have and where it is placed around your body. Risk of developing ongoing health problems can be observed in most men with waist measurements greater than 37 inches and most women with waist measurements greater than 31.5 inches.



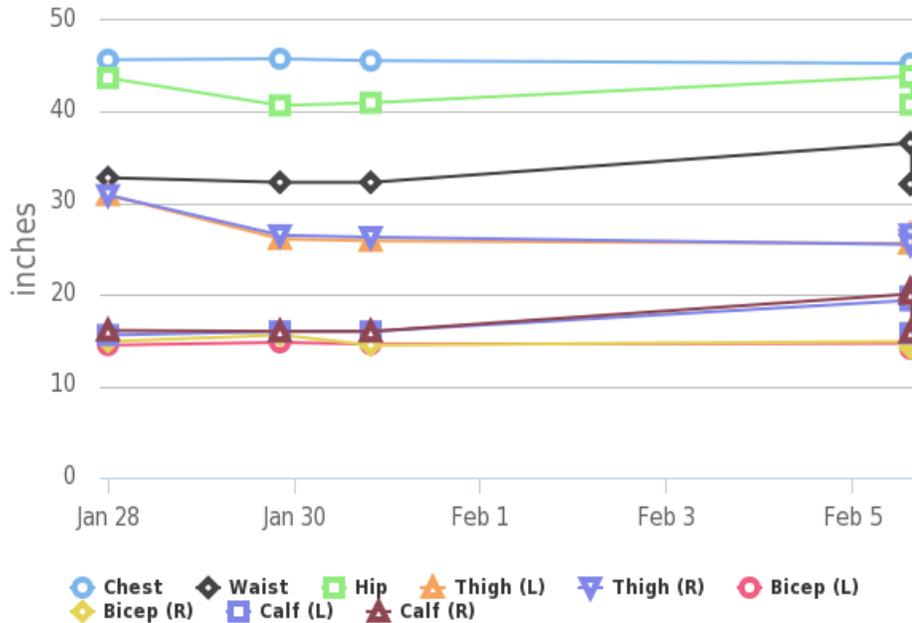
Waist to Hip Ratio

The waist to hip ratio is a common measurement of fat distribution that serves as a warning of estimated health risks related to being overweight, such as diabetes, stroke, and heart disease.



Measurement History

This chart is of your core measurements to help you track how your body has been changing over time. Additional measurements can be seen in the tables above.



Body Fat %

Your body is made up of water, fat, protein, carbohydrates, and various vitamins and minerals and your body fat % chart maps out your fat levels. Too much fat - especially at the waist - puts you at a higher risk for health problems such as high blood pressure, high blood cholesterol, and diabetes. These problems, in turn, increase your risk of heart disease and stroke.

No data to display

Body Fat % Weight Lean Mass