Styku

Scan Report

Basic Info

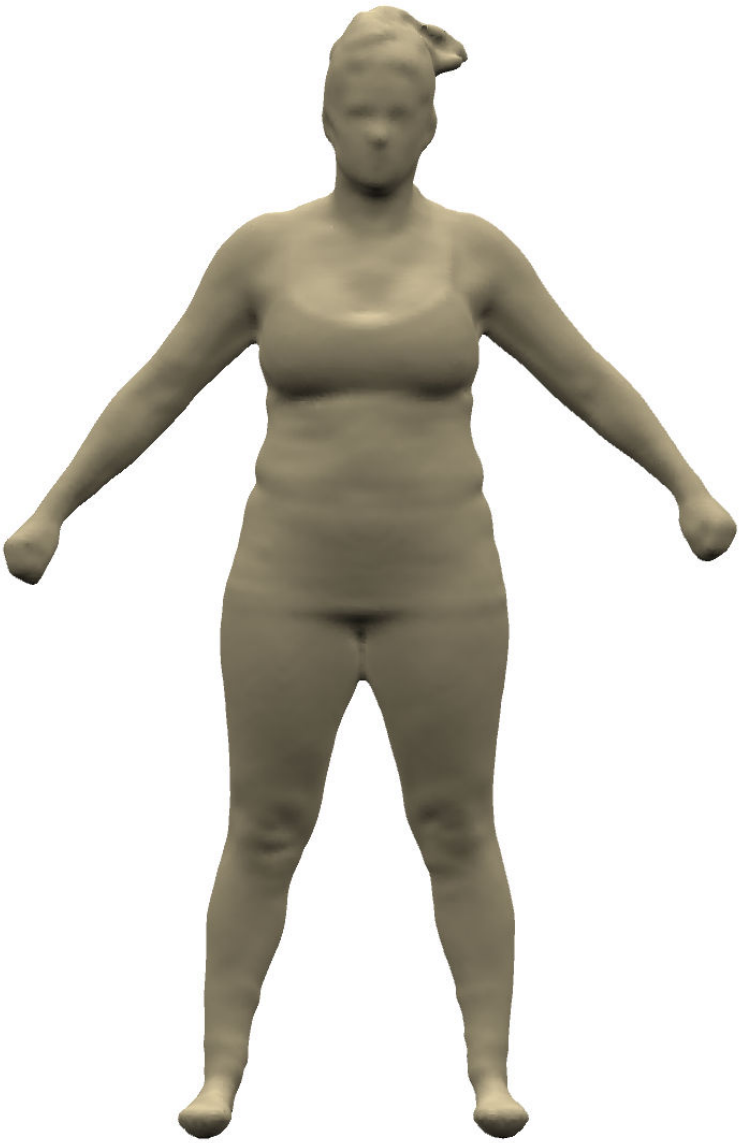
EXAMPLE STYKU

Profile

Your profile information	
Full Name	Example Styku
Age	38
Gender	Female
Height & Weight	5 ft 1 in & 141.0 lbs
Email	example@styku.com
Scan Date	10/1/2015 4:58:31 PM
Location	Jason

Summary

Wellness Information	
Body Fat %	38.3%
Fat Mass	54.0 lbs
Lean Mass	83.0 lbs
Body Fat % Rank	Your body fat % rank is Average
ACSM Rank	Lower body fat than 10% of your peers
BMR	1354 Calories/day
Health Risks	25% higher than ideal



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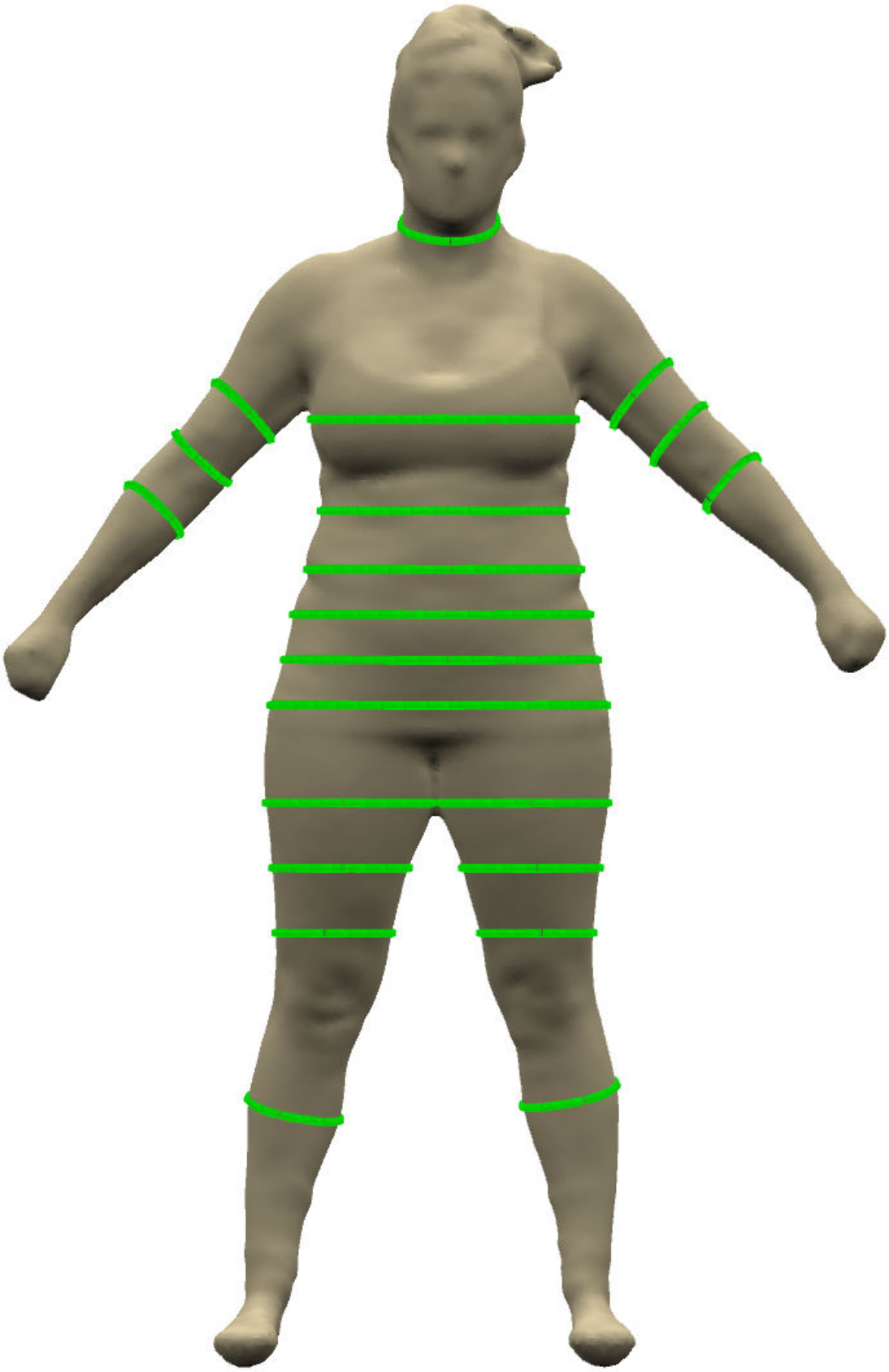
3D Scan and Measurements

EXAMPLE STYKU



Body Measurements (lbs, in)	
Body Fat %	38.3
Lean Mass %	58.9
Bone Mass %	2.8
Fat Mass	54.0
Lean Mass	83.0
Bone Mass	4.0
Android Fat Mass	4.3
Gynoid Fat Mass	11.1
Visceral Fat	1.0
Subcutaneous Fat	3.6
Bicep Left Lower	9.6
Bicep Left	10.5
Bicep Right Lower	9.5
Bicep Right	10.6
Calf Left	13.0
Calf Right	12.8
Chest	35.4
Forearm Left	8.5
Forearm Right	9.1
High Hip	38.8
Hip	41.0
Neck	12.9
Thigh Left Lower	16.7
Mid-Thigh Left	21.4
Thigh Left Upper	23.4
Thigh Right Lower	16.6
Mid-Thigh Right	21.4
Thigh Right Upper	23.6
Waist (Abdominal)	32.8
Waist (Lower)	36.5
Waist (Narrowest)	30.1

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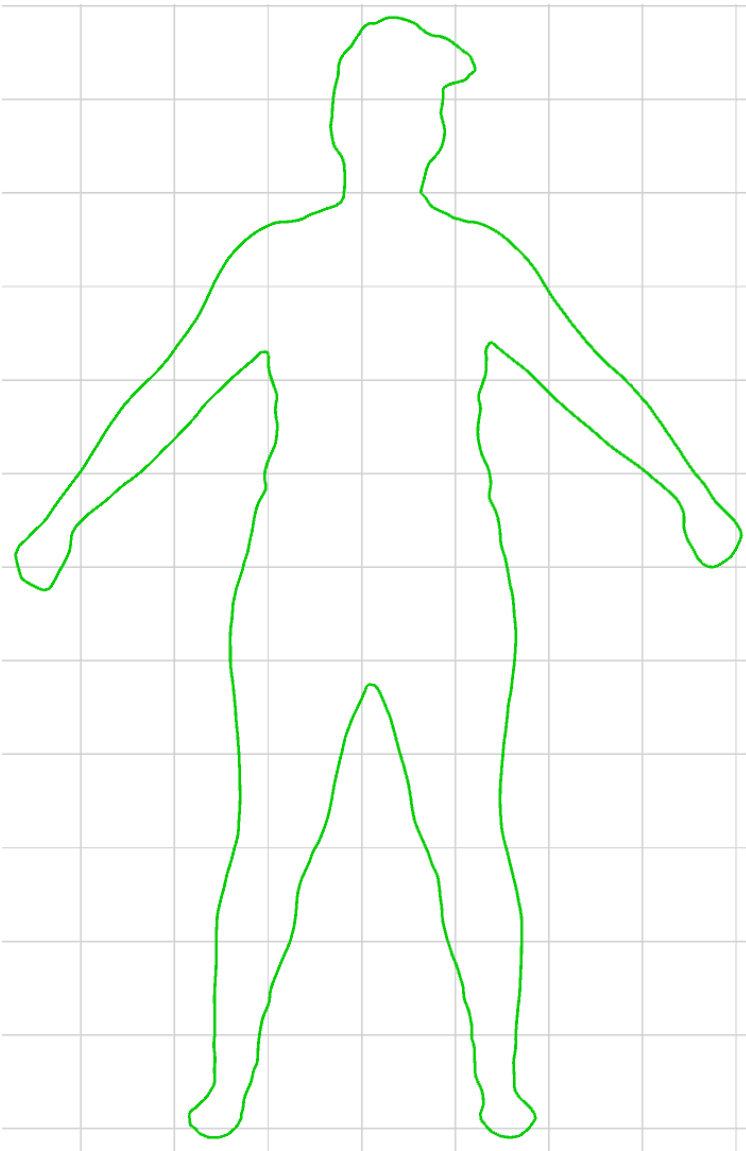
Full Body Posture

EXAMPLE STYKU

Silhouette

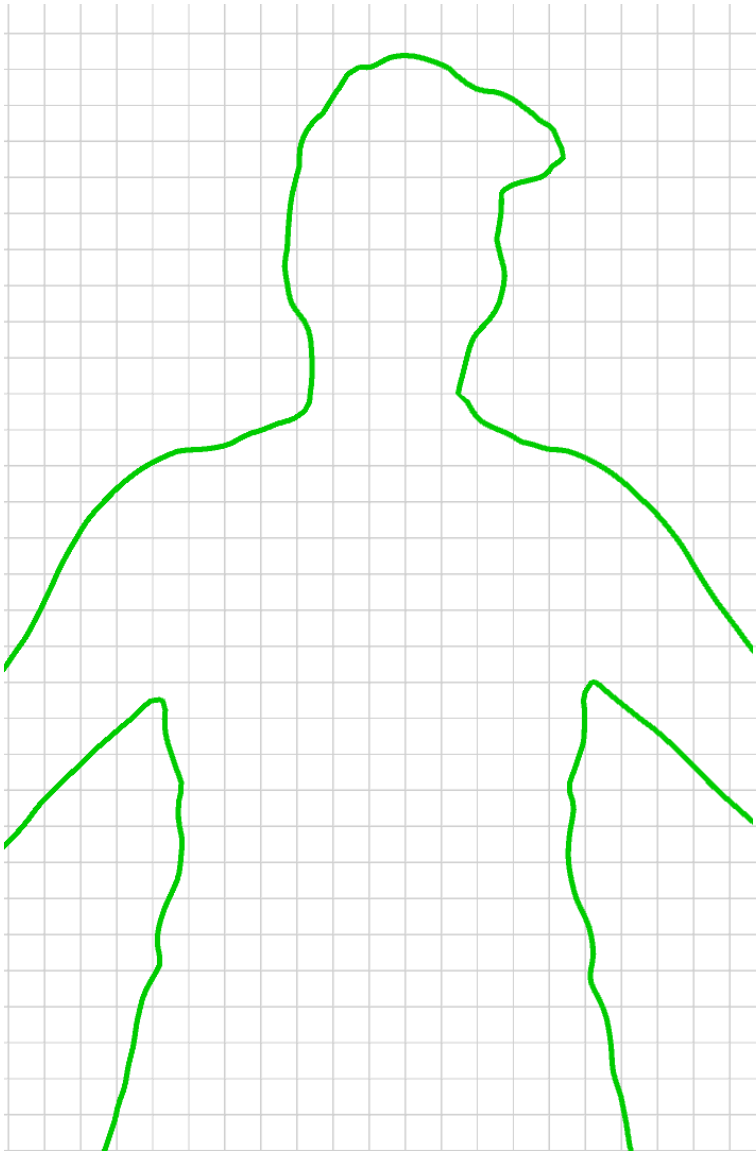


Profile

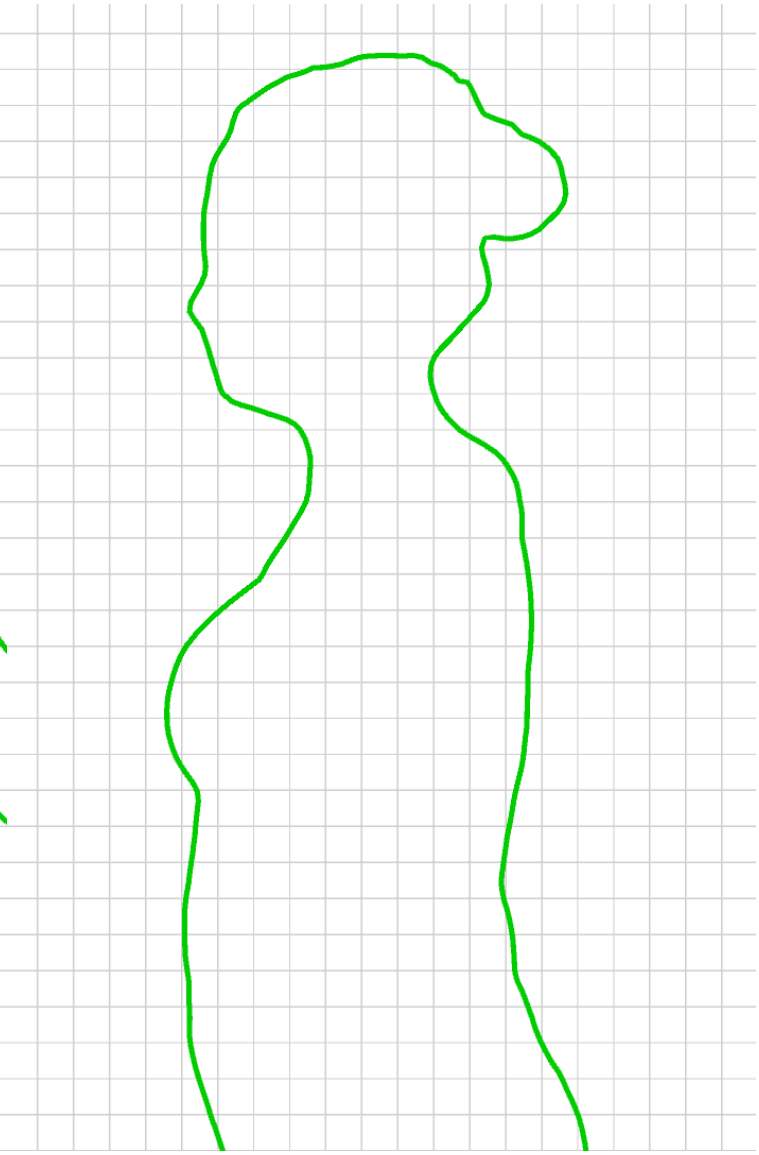
Upper Body Posture

EXAMPLE STYKU

Shoulder Slope

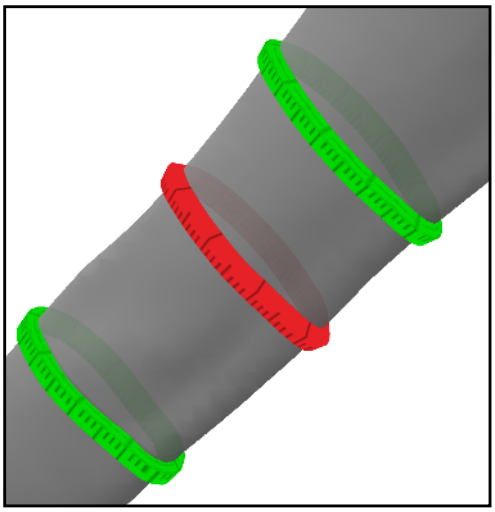


Back Posture

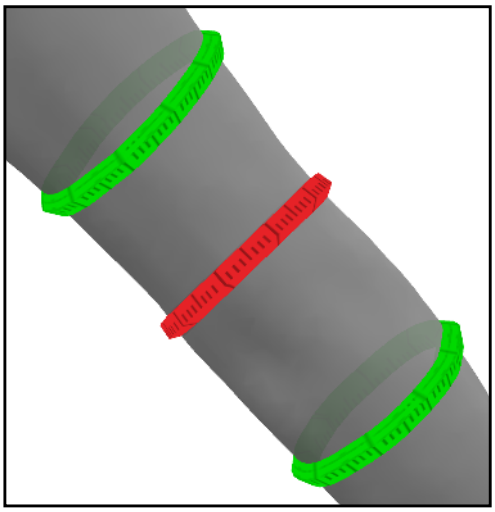


Measurement Snapshots

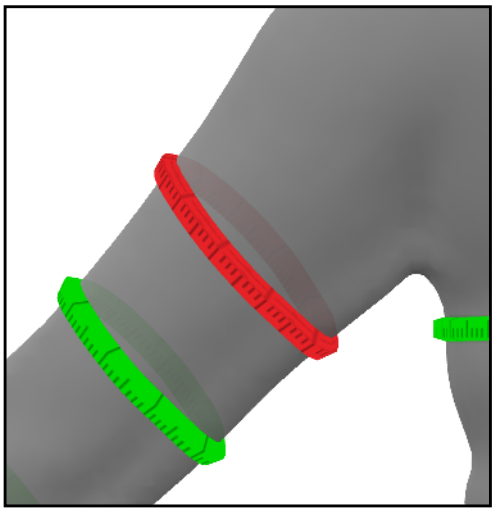
EXAMPLE STYKU



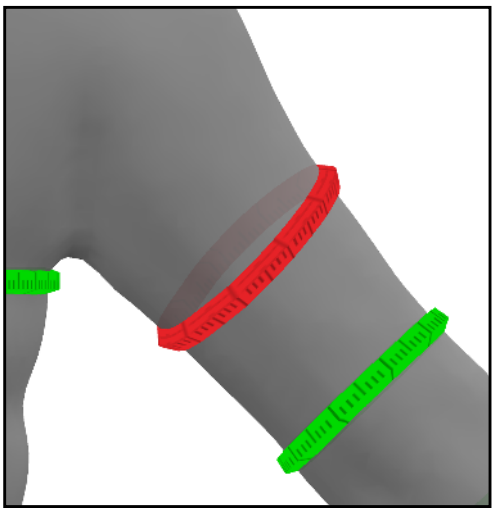
Bicep Left Lower | 9.6



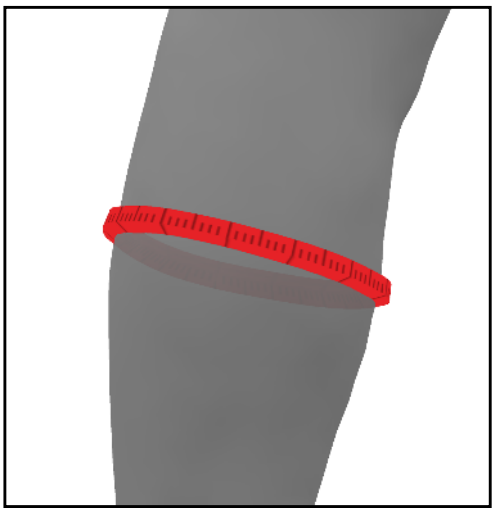
Bicep Right Lower | 9.5



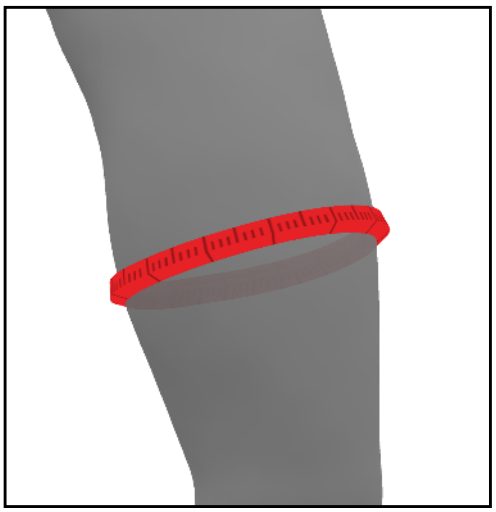
Bicep Left | 10.5



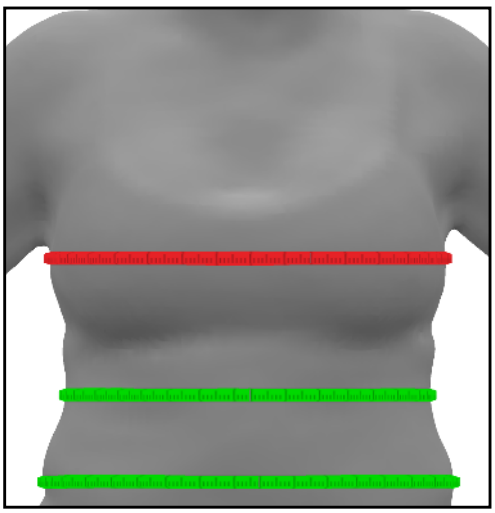
Bicep Right | 10.6



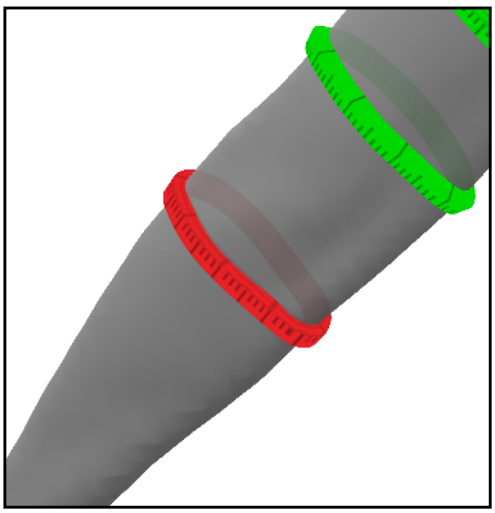
Calf Left | 13.0



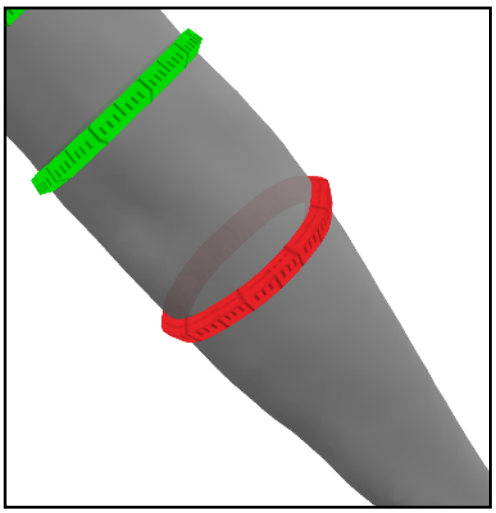
Calf Right | 12.8



Chest | 35.4



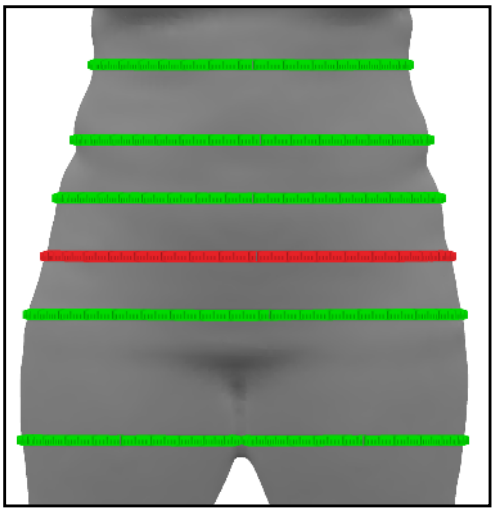
Forearm Left | 8.5



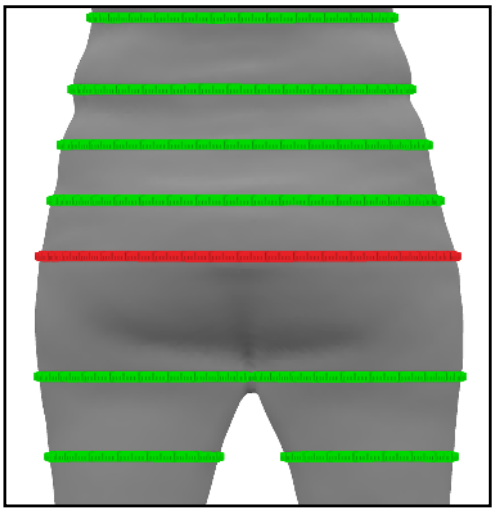
Forearm Right | 9.1

Measurement Snapshots

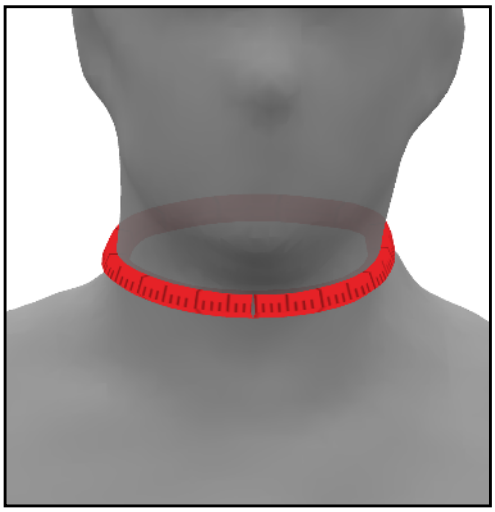
EXAMPLE STYKU



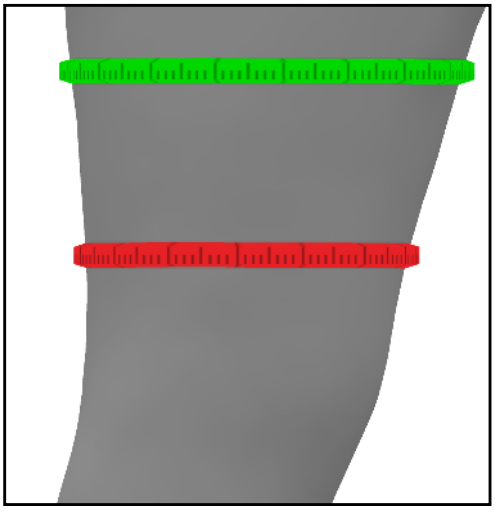
High Hip | 38.8



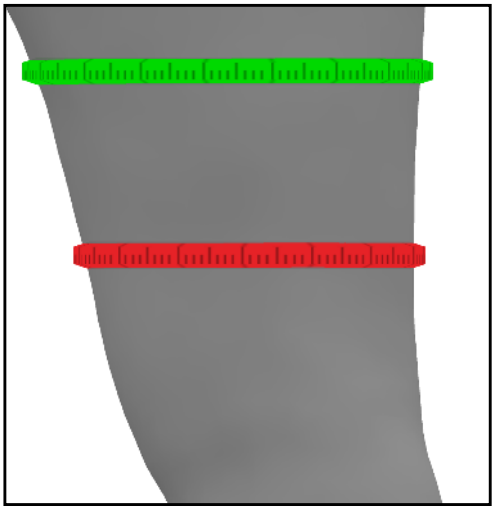
Hip | 41.0



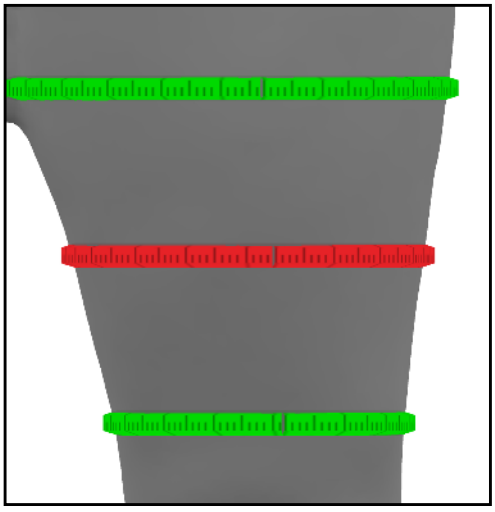
Neck | 12.9



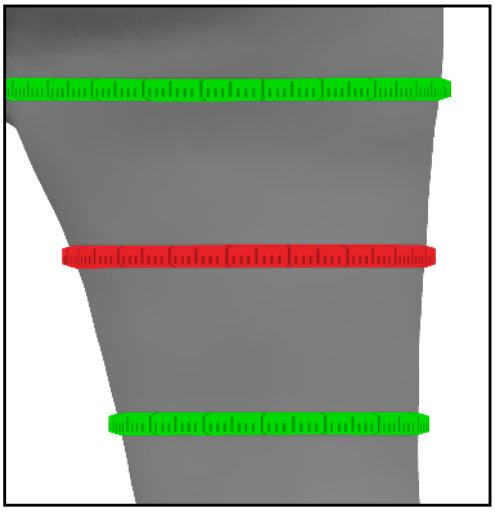
Thigh Left Lower | 16.7



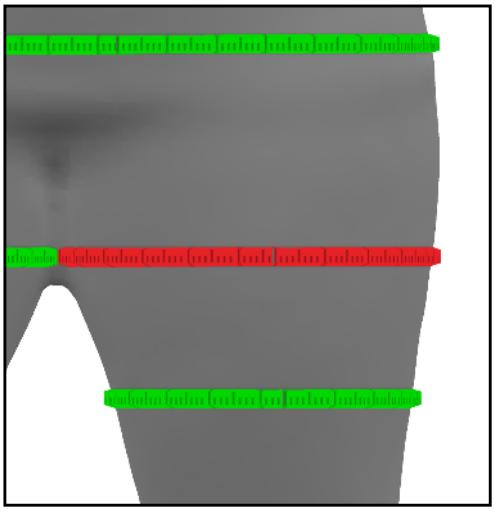
Thigh Right Lower | 16.6



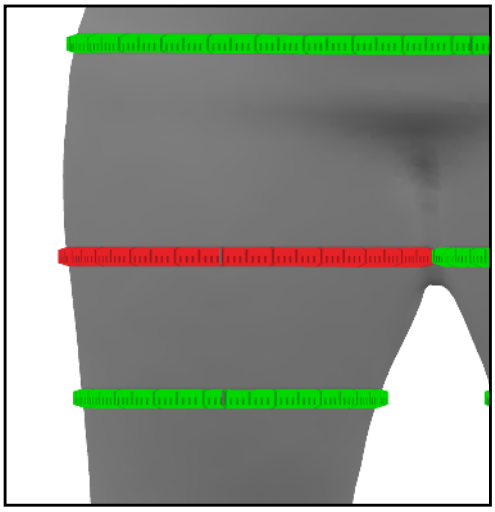
Mid-Thigh Left | 21.4



Mid-Thigh Right | 21.4



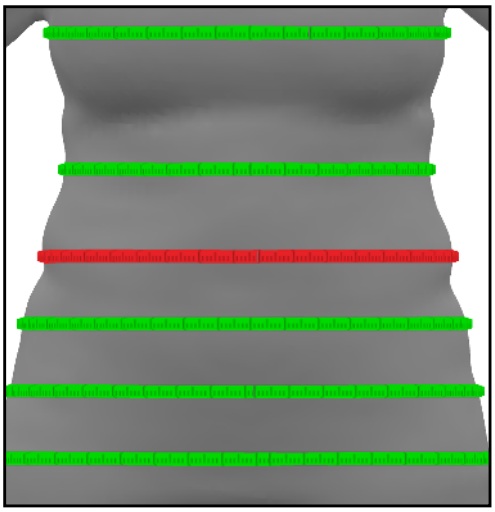
Thigh Left Upper | 23.4



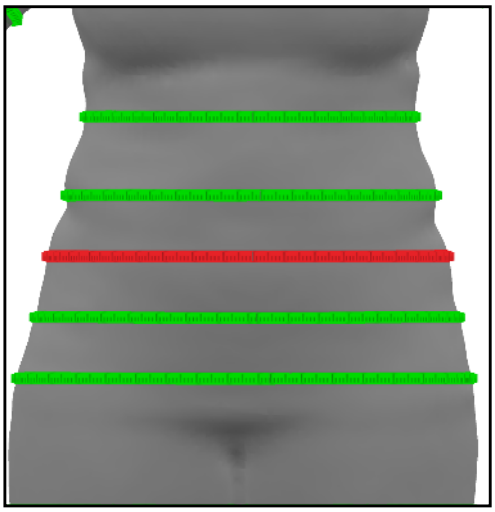
Thigh Right Upper | 23.6

Measurement Snapshots

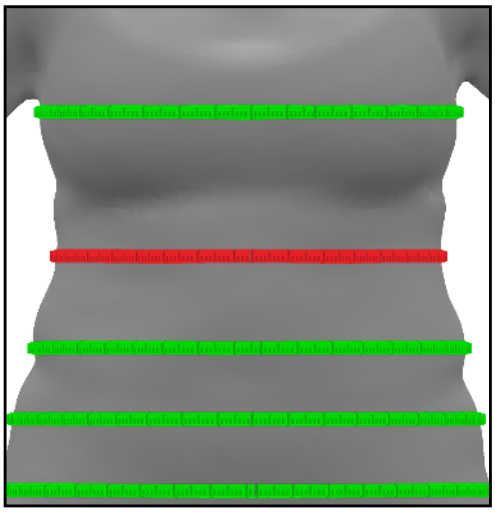
EXAMPLE STYKU



Waist (Abdominal) | 32.8



Waist (Lower) | 36.5



Waist (Narrowest) | 30.1

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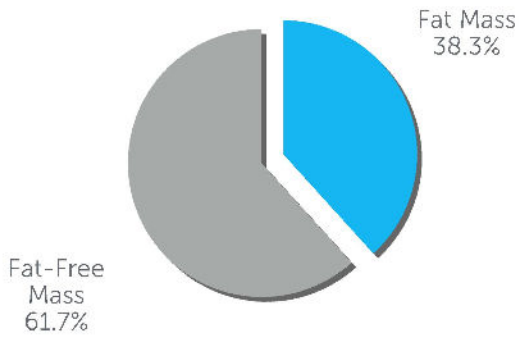
Body Composition & Rankings | Fitness & Health

EXAMPLE STYKU

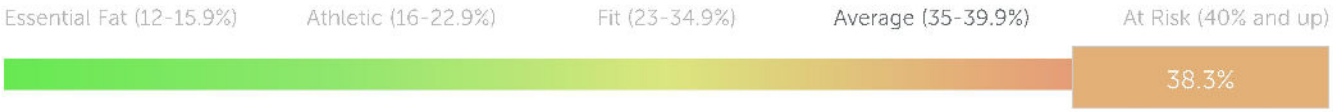
Body Composition

Your body is made up of 54.0 lbs of fat mass and 87.0 lbs of fat-free mass.



Your Rank

38% places you on the "Average" level. (based on Mayo Clinic research)



Compared With Others

You have a lower body fat than 10% of women, between ages 30-39.

Fat Loss Goal

Select the amount of fat you wish to lose.

0.0	38.3%	Average
Pounds of Fat	Body Fat	Rank

Workouts per Week*

How much fat do you expect to burn a week?

Goal Date

You'll reach your goal on the date below at this activity level.

Set Fat Loss Goal

Revised Harris-Benedict Equation (1984)

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Activity & Caloric Expenditure | Fitness & Health

EXAMPLE STYKU

Basal Metabolic Rate (BMR)*

This is how many calories you burn each day without doing any activity.

1354 Calories/day

Caloric Expenditure*

This is the total calories you burn each day.

1625 Calories/day

Caloric Deficit

You'll reach your goal by the target date with this caloric deficit.

No Deficit

Goal Date

You'll reach your goal on the date below at this activity level.

Set Fat Loss Goal

Caloric Consumption

Keep your daily calorie intake at or below the level listed below.

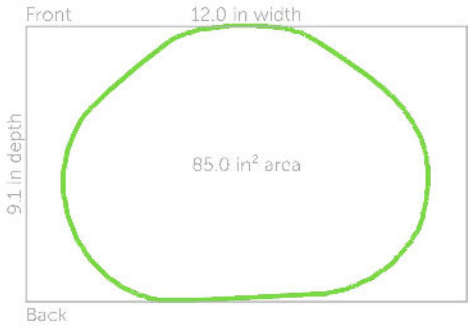
Personalize

1625 Calories from Food and Beverage

Revised Harris Benedict Equation (1984)

Waist Shape

Your waist measures 32.8 inches. Below is a top view of the shape of your waist.



Waist Circumference

32.8 inches puts you at Normal risk of disease.

Waist-to-Hip Ratio

0.8 puts you at low risk of disease.

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Health Risks | Fitness & Health

EXAMPLE STYKU

Risk Level

32.8 inches puts you at Normal risk of disease.

Diseases

Below is your likelihood of disease compared to those with an ideal waist line.

1.1x More likely to suffer from Cancer	1.3x More likely to suffer from Cardiovascular Disease
1.3x More likely to suffer from Respiratory Disease	1.3x More likely to suffer from All Other Diseases

For example, your waist circumference of 32.8 inches makes you 1.1 times more likely to suffer from cancer than those with a waist circumference lower than 29.5 inches.

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Scan Report

Inch-Loss Goal | Fitness & Health

EXAMPLE STYKU

Inch-Loss Goal

Select the amount of inches you'd like to lose around your waist.

0.0 in	Normal
Change in Waist Circumference	Risk Level

Diseases

Below is your likelihood of disease compared to those with an ideal waist line.

1.1x	1.3x
More likely to suffer from Cancer	More likely to suffer from Cardiovascular Disease
1.3x	**1.3x**
More likely to suffer from Respiratory Disease	More likely to suffer from All Other Diseases

For example, your waist circumference of 32.8 inches makes you 1.1 times more likely to suffer from cancer than those with a waist circumference lower than 29.5 inches.