



FEMALE BODY FAT PERCENTAGE

FEMALE AGE	UNDERFAT	HEALTHY	OVERFAT	OBESE
20 - 39	0% - 20%	21% - 32%	33% - 38%	39%+
40 - 59	0% - 22%	23% - 33%	34% - 39%	40%+
60 - 79	0% - 23%	24% - 35%	36% - 41%	42%+



FEMALE BODY WATER %

STANDARD RANGE

Dehydrated	<45%
Healthy	45% - 60%

ATHLETIC RANGE

Dehydrated	<50%
Healthy	50% - 65%



FEMALE PHYSIQUE RATING

RESULT	PHYSIQUE RANGE	EXPLANATION
1	Hidden Overfat	High Body Fat % with Low Muscle Mass
2	Medium Frame Overfat	High Body Fat % with Moderate Muscle Mass
3	Solidly Built	Large Frame, High Body Fat % and Muscle Mass
4	Low Muscle	Average Body Fat % with Low Muscle Mass
5	Standard	Average Levels of Body Fat % and Muscle Mass
6	Muscular	Average Body Fat % with High Muscle Mass
7	Low Muscular & Underfat	Low Body Fat % with Low Muscle Mass
8	Thin & Muscular (Athlete)	Low Body Fat % with Adequate Muscle Mass
9	Very Muscular (Athlete)	Low Body Fat % with High Muscle Mass



FEMALE VISCERAL FAT

RATING GUIDE

Healthy Level Rating	1 - 12
Excess Level Rating	13 - 59



FEMALE BONE MASS

FEMALE WEIGHT	HEALTHY BM WEIGHT
Less Than 49kg	1.95kg*
Between 50kg - 75kg	2.40kg*
Over 76kg	2.95kg*

* Indicates mean healthy weight (your reading should be around this mass)