

BODY COMPOSITION HEALTHY RANGE CHART



PHYSIQUE RATING

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



BODY WATER %

FEMALE STANDARD RANGE	
DEHYDRATED	< 45%
HEALTHY	45%-60%
FEMALE ATHLETIC RANGE	
DEHYDRATED	< 50%
HEALTHY	50%-65%
MALE STANDARD RANGE	
DEHYDRATED	< 50%
HEALTHY	50%-65%
MALE ATHLETIC RANGE	
DEHYDRATED	< 55%
HEALTHY	55%-70%



BODY FAT %

FEMALE AGE	UNDERFAT	HEALTHY	OVER WEIGHT	OBESE
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 79	0% - 24%	24% - 36%	36% - 42%	42%+
MALE AGE	UNDERFAT	HEALTHY	OVER WEIGHT	OBESE
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 79	0% - 13%	13% - 25%	25% - 30%	30%+



VISCERAL FAT

FEMALE RATING GUIDE	
Healthy Level Rating	1-12
Excess Level Rating	13-59
MALE RATING GUIDE	
Healthy Level Rating	1-12
Excess Level Rating	13-59



MUSCLE MASS

(MUSCLE MASS (KG) ÷ TOTAL BODY WEIGHT (KG) x 100 = MUSCLE MASS%)

FEMALE AGE	18-39	40-59	60-79	MALE AGE	18-39	40-59	60-79
VERY LOW	<56%	<55%	<54%	VERY LOW	<72%	<55%	<54%
LOW	56%-61%	56%-62%	54%-60%	LOW	71%-76%	68%-74%	66%-71%
GOOD	63%-75%	62%-73%	60%-72%	GOOD	76%-88%	74%-85%	71%-83%
INCREASED	>75%	>73%	>72%	INCREASED	>88%	>85%	>83%

<https://tanitaaustralia.com/understanding-your-measurements/>



BONE MASS

FEMALE WEIGHT	HEALTHY BM WEIGHT
Less than 49kg	1.95kg*
Between 50kg-75kg	2.40kg*
Over 76kg	2.95kg*
MALE WEIGHT	HEALTHY BM WEIGHT
Less than 64kg	2.65kg*
Between 65kg-95kg	3.29kg*
Over 95kg	3.69kg*

Note, * indicates healthy weight (your reading should be around this mass).



