

## SEGMENTAL 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 QUALITY SCORE

| FEMALE AGE | 18-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 | 80    |
|------------|-------|-------|-------|-------|-------|-------|-------|
| HIGH       | >68   | >70   | >69   | >67   | >61   | >54   | >50   |
| AVERAGE    | 48-67 | 48-69 | 45-68 | 41-66 | 34-60 | 26-53 | 22-49 |
| LOW        | <47   | <47   | <44   | <40   | <33   | <25   | <21   |
| MALE AGE   | 18-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 | 80    |
| HIGH       | >74   | >73   | >70   | >64   | >56   | >46   | >39   |
| AVERAGE    | 49-73 | 47-72 | 44-69 | 39-63 | 33-55 | 25-45 | 21-38 |
| LOW        | <48   | <46   | <43   | <38   | <32   | <24   | <20   |



### 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).



### 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/>



**IT'S HOW  
WE MEASURE.**

FULL NAME \_\_\_\_\_ AGE \_\_\_\_\_

FEMALE  MALE

ASSESSOR \_\_\_\_\_ HEIGHT \_\_\_\_\_

STANDARD  ATHLETIC

# SEGMENTAL BODY COMPOSITION ANALYSIS

| Date | Time | Weight | Muscle Mass |     | Muscle Quality |     |     |     | Body Fat % |     |         |       | Physical Rating | Visceral Fat % | Metabolic Age | BMR | Bone Mass | Body Water % | BMI |     |     |
|------|------|--------|-------------|-----|----------------|-----|-----|-----|------------|-----|---------|-------|-----------------|----------------|---------------|-----|-----------|--------------|-----|-----|-----|
|      |      |        | L/L         | R/L | L/A            | R/A | L/L | R/L | L/A        | R/A | Overall | Trunk |                 |                |               |     |           |              |     | L/L | R/L |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |
|      |      |        |             |     |                |     |     |     |            |     |         |       |                 |                |               |     |           |              |     |     |     |