

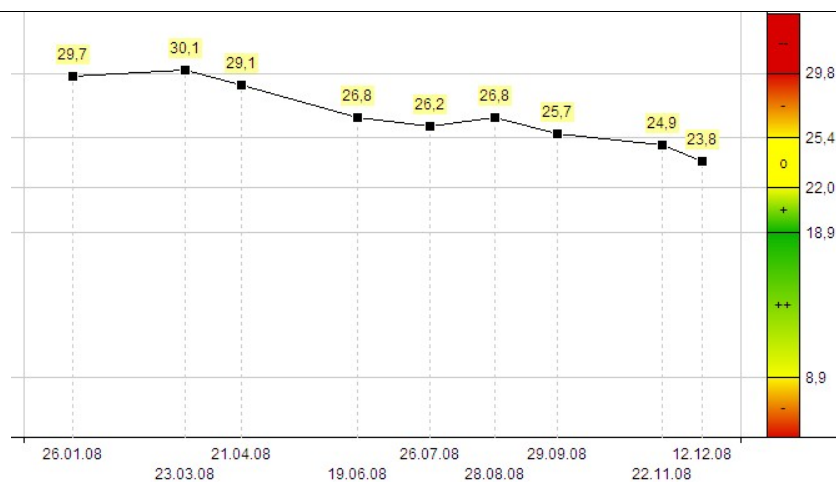


Changes since last check-up

	Current	Changes	Total
Weight	71,5 kg	-1,1 kg	-12,5 kg
Fat	17,0 kg	-1,1 kg	-7,9 kg
Muscle protein	7,9 kg	+0,1 kg	-0,1 kg
Liquids	41,1 l	-0,1 l	-4,0 l

Your development

Development and evaluation of body fat [%]



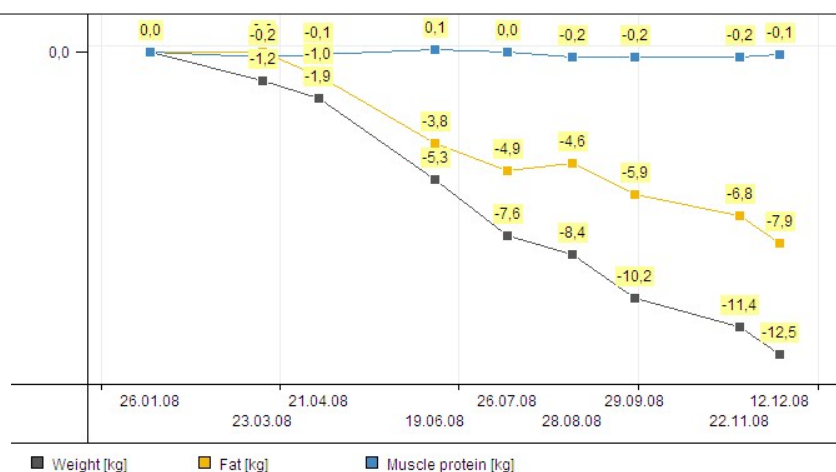
Your current body fat percentage: **23,8 % | 17,0 kg**

Values for your age group

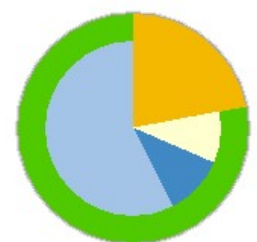
very low	excellent	good	lightly increases	high	very high
< 9,0 %	9,0 - 18,9 %	19,0 - 22,0 %	22,1 - 25,4 %	25,5 - 29,8 %	> 29,8 %

Your current Rating: **slightly increased**

Development of your body composition



Body composition
Body fat and fat-free mass



- Fat tissue: 15,8 kg
- Fat free mass: 55,7 kg
- Bone: 6,7 kg
- Muscle protein: 7,9 kg
- Liquids: 41,1 l