

Measurement Comparison Matrix

Scale alone vs. Scale with Tanita Health Ware™ Software

Readings	Compatible Products	BF-350	
		Scale	Software
Standard Readings			
Weight		✓	✓
BMI		✓	✓
FAT %		✓	✓
FAT Mass			✓
Fat Free Mass (FFM)			✓
Muscle Mass			
Physique Rating (Body Type)			
Total Body Water Mass			✓
Total Body Water %			✓
BMR			✓
DCI			✓
Metabolic Age			
Bone Mass			
Visceral Fat Rating			
Impedance			✓
Segmental Readings			
Segmental - FAT %			
Segmental - FAT Mass			
Segmental - Fat Free Mass (FFM)			
Segmental - Muscle Mass (PMM)			
Segmental - Impedance			
Data Analysis			
Analysis - BMI			✓
Analysis - Body Fat			✓
Analysis - Total Body Water %			✓
Analysis - Visceral Fat Level			
Analysis - BMR			
Analysis - Muscle Mass			
Additional Information			
Graph Function			✓
Target (Goal) Weight			✓
Target (Goal) BMI			✓
Target (Goal) Body Fat%			✓
Target (Goal) Water			✓
Ideal Body Weight			
Degree of Obesity			
BMR Score			
Muscle Score			
Printing			✓