

# Measurement Comparison Matrix

Scale alone vs. Scale with Tanita Health Ware™ Software

Readings	Compatible Products	SC-240	
		Scale	Software
<b>Standard Readings</b>			
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			✓
<b>Segmental Readings</b>			
Segmental - FAT %			
Segmental - FAT Mass			
Segmental - Fat Free Mass (FFM)			
Segmental - Muscle Mass (PMM)			
Segmental - Impedance			
<b>Data Analysis</b>			
Analysis - BMI			✓
Analysis - Body Fat			✓
Analysis - Total Body Water %			✓
Analysis - Visceral Fat Level			
Analysis - BMR			
Analysis - Muscle Mass			
<b>Additional Information</b>			
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			✓