

Measurement Comparison Matrix

Scale alone vs. Scale with Tanita Health Ware™ Software

Readings	Compatible Products	SC-331S	
		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			✓