TANITA
Body Composition Readings

TANITA Monitoring Your Health

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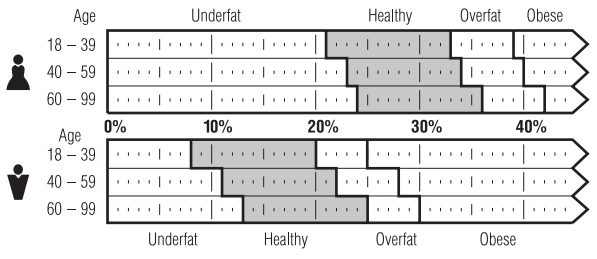
NAME: _____ MODEL #: _____

DCI: InnerScan Models / **BMR**: Ironman Models

DATE	TIME	Weight	Body Fat %	Body Water %	Muscle Mass	Physique Rating	Bone Mass	DCI / BMR	Metabolic Age	Visceral Fat

Healthy Body Fat % Ranges

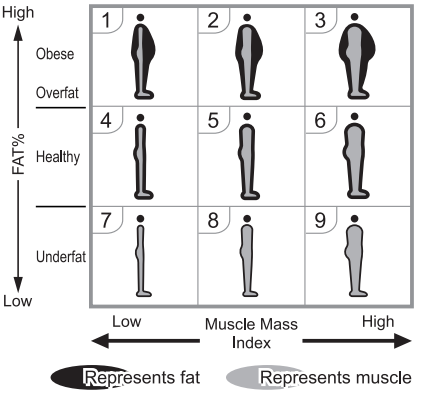
–	0	+	++
Under	Healthy	Over	Obese



Healthy Body Water % Range

45 - 60 %	50 - 65 %

Physique Ratings



Bone Mass Ranges

Average of estimated bone mass (lb)

	Weight		
	Less than 110 lb	110 lb - 165 lb	165 lb and up
	4.3 lb	5.3 lb	6.5 lb
	Less than 143 lb	143 lb - 209 lb	209 lb and up
	5.9 lb	7.3 lb	8.1 lb

Visceral Fat Rating

Healthy level	0	:	1 - 12
Excess level	+	:	13 - 59

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