

Measurement Comparison Matrix

Scale alone vs. Scale with Tanita Health Ware™ Software

| Readings | Compatible Products | TBF-400 | |
|----------------------------------|---------------------|---------|----------|
| | | Scale | Software |
| Standard Readings | | | |
| Weight | | ✓ | ✓ |
| BMI | | ✓ | ✓ |
| Body Fat % | | ✓ | ✓ |
| Body Fat Mass | | ✓ | ✓ |
| Fat Free Mass (FFM) | | ✓ | ✓ |
| Muscle % | | | |
| Muscle Mass | | | |
| Physique Rating (Body Type) | | | |
| Total Body Water % | | ✓ | ✓ |
| Total Body Water Mass | | ✓ | ✓ |
| Extra Cellular Water | | | |
| Intra Cellular Water | | | |
| ECW / ICW Ratio | | | |
| BMR | | ✓ | ✓ |
| DCI | | | ✓ |
| Metabolic Age | | | |
| Bone Mass | | | |
| Visceral Fat Rating | | | |
| Impedance | | | |
| Reactance / Resistance | | ✓ | ✓ |
| Segmental Readings | | | |
| Segmental - Body Fat % | | | |
| Segmental - Body Fat Mass | | | |
| Segmental - Fat Free Mass | | | |
| Segmental - Muscle Mass | | | |
| Segmental - Impedance | | | |
| Data Analysis | | | |
| Analysis - Weight | | | |
| Analysis - BMI | | ✓ | ✓ |
| Analysis - Body Fat % | | ✓ | ✓ |
| Analysis - Segmental Fat % | | | |
| Analysis - Body Fat Mass | | | |
| Analysis - Muscle % | | | |
| Analysis - Muscle Mass | | | |
| Analysis - Segmental Muscle Mass | | | |
| Analysis - Total Body Water % | | | |
| Analysis - BMR | | ✓ | |
| Analysis - Visceral Fat | | | |
| Additional Information | | | |
| Graph Function | | | ✓ |
| Target (Goal) Weight | | | ✓ |
| Target (Goal) BMI | | | ✓ |
| Target (Goal) Body Fat % | | ✓ | ✓ |
| Target (Goal) Body Fat Mass | | | |
| Target (Goal) Water | | | ✓ |
| Ideal Body Weight | | | |
| Degree of Obesity | | | |
| Muscle Mass Balance | | | |
| Printing | | ✓ | ✓ |