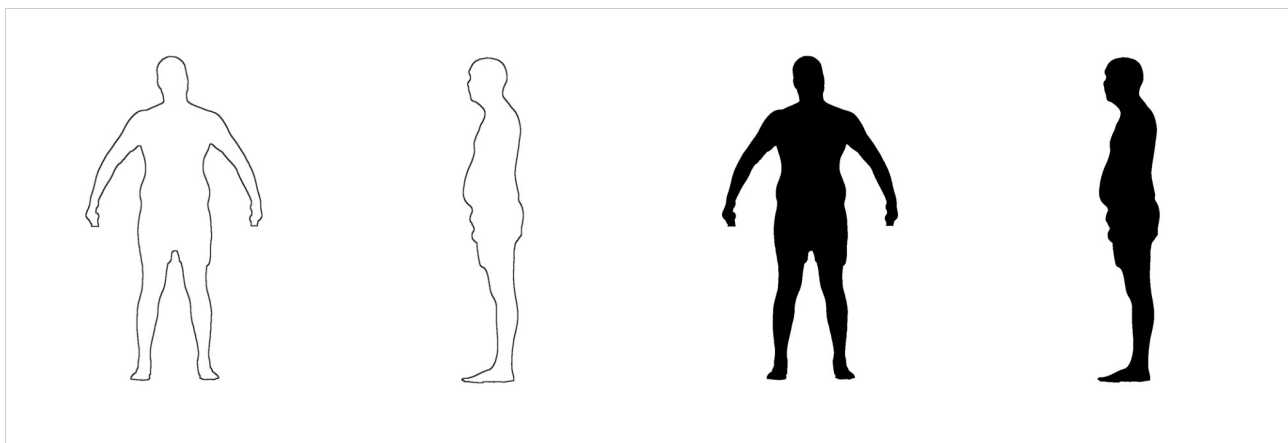


SUCCESS HUB

Report (Limited)

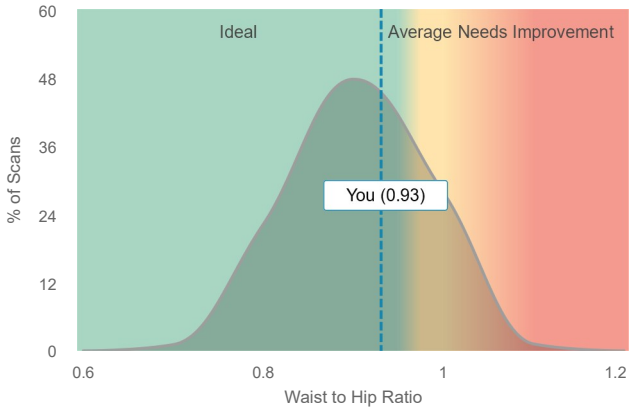
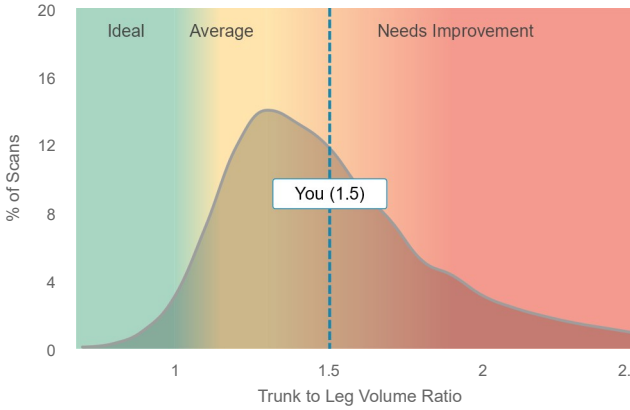
Scan Date: 9/09/2019



Wellness Metrics

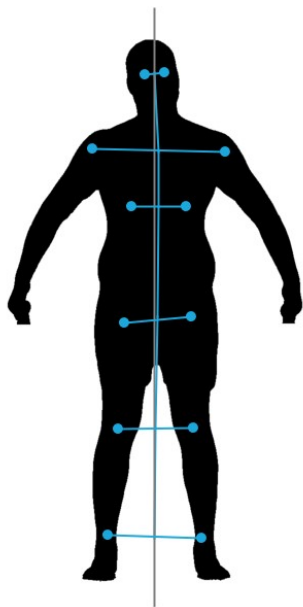
Wellness Metric	How do I compare to other Fit3D users?
BODY SHAPE	
BODY SHAPE RATING <h1>41</h1> <p>What is it?</p> <p>Body Shape Rating (BSR) is a wellness score based on the relationship of your body shape to cardiovascular related risk factors. It answers the question, Is my body shape making it more likely for me potentially develop certain cardiovascular related health issues? BSR is on a 0-100 range where 50 is average and the higher the score the lower the risk. Read More.</p>	<p>The chart shows the distribution of Body Shape Ratings for other users. The x-axis represents the Body Shape Rating from 0 to 100, and the y-axis represents the percentage of scans. The background is divided into three color-coded regions: red for 'Needs Improvement' (0-40), yellow for 'Average' (40-60), and green for 'Ideal' (60-100). A vertical dashed line is at 50. A box labeled 'You (41)' indicates your score is 41, which is in the 'Needs Improvement' region.</p>
WAIST CIRCUMFERENCE <h1>38.8 in.</h1> <p>What is it?</p> <p>A larger waist circumference can mean more "deep" (visceral) fat which is an unhealthy type of fat that wraps around internal organs and can lead to additional health risks. Generally a lower waist circumference is better. Waist circumference has been widely used in the past due to its simplicity. Read More.</p>	<p>The chart shows the distribution of waist circumferences for other users. The x-axis represents waist circumference in inches from 30 to 60, and the y-axis represents the percentage of scans. The background is divided into three color-coded regions: green for 'Ideal' (0-40), yellow for 'Average' (40-60), and red for 'Needs Improvement' (60-100). A vertical dashed line is at 40. A box labeled 'You (38.8)' indicates your score is 38.8, which is in the 'Ideal' region.</p>

English

Wellness Metric	How do I compare to other Fit3D users?
<p data-bbox="185 178 451 205">WAIST TO HIP RATIO</p> <p data-bbox="185 239 326 306">0.93</p> <p data-bbox="185 331 344 367">What is it?</p> <p data-bbox="185 386 724 596">Waist to hip ratio describes body shape using a ratio between waist and hips. A lower ratio generally means lower risk for certain health issues. If you have heard of body shapes described as apple or pear, these are two ends of the WHR spectrum where pear has a lower WHR ratio and therefore lower risk for certain health issues. Read More.</p>	 <p>The chart shows a bell curve representing the distribution of Waist to Hip Ratios for other users. The x-axis is labeled 'Waist to Hip Ratio' and ranges from 0.6 to 1.2. The y-axis is labeled '% of Scans' and ranges from 0 to 60. The curve is divided into three regions: 'Ideal' (green, 0.6 to ~0.9), 'Average' (yellow, ~0.9 to ~1.05), and 'Needs Improvement' (red, ~1.05 to 1.2). A vertical dashed line marks the user's ratio at 0.93, which is labeled 'You (0.93)' in a white box. The peak of the curve is at approximately 0.85 with a value of about 48%.</p>
<p data-bbox="185 659 574 686">TRUNK TO LEG VOLUME RATIO</p> <p data-bbox="185 720 289 787">1.5</p> <p data-bbox="185 812 344 848">What is it?</p> <p data-bbox="185 867 719 1045">Similar to WHR where body shape is described using a ratio, but instead of waist and hips circumferences, body trunk/torso and leg volumes are used. By using volume it captures a more detailed view of body shape. A lower trunk to leg volume ratio generally means lower risk for certain health issues. Read More.</p>	 <p>The chart shows a bell curve representing the distribution of Trunk to Leg Volume Ratios for other users. The x-axis is labeled 'Trunk to Leg Volume Ratio' and ranges from 1 to 2.5. The y-axis is labeled '% of Scans' and ranges from 0 to 20. The curve is divided into three regions: 'Ideal' (green, 1 to ~1.4), 'Average' (yellow, ~1.4 to ~1.6), and 'Needs Improvement' (red, ~1.6 to 2.5). A vertical dashed line marks the user's ratio at 1.5, which is labeled 'You (1.5)' in a white box. The peak of the curve is at approximately 1.4 with a value of about 14%.</p>

Posture

Front/Back



Name	Shift (Inches)	Tilt (%)
Head	0.1 right	5.9 right
Shoulder	0.5 left	0.8 left
Underbust	0.5 left	0
Hip	0.3 left	5 right
Knee	0.1 left	0

Side

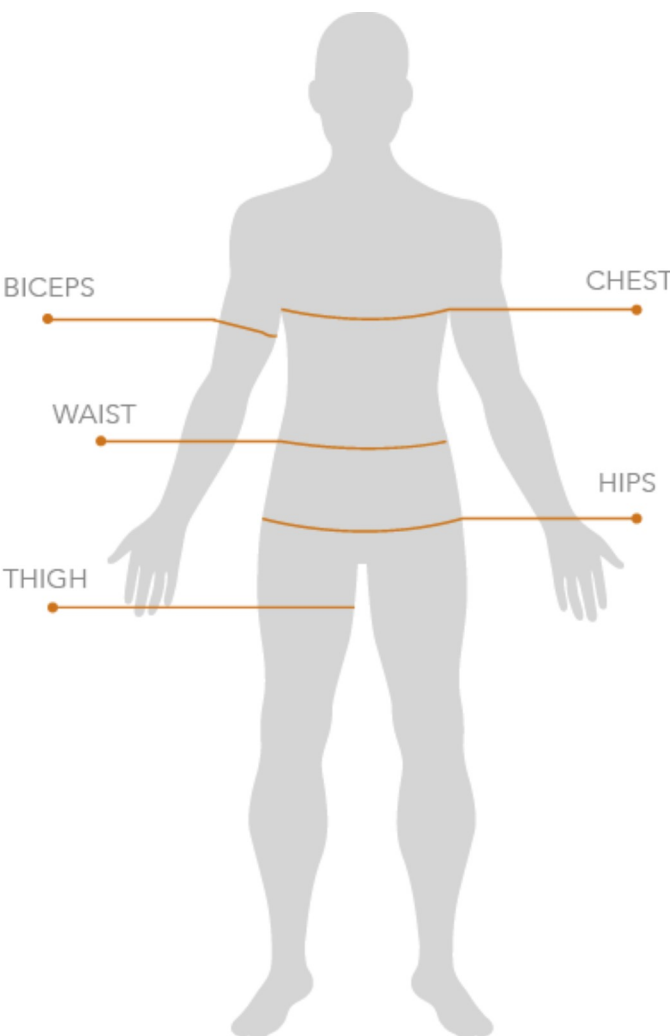


Name	Shift (Inches)
Head	3.5 forward
Shoulder	2.3 forward
Hip	1.9 forward
Knee	1.4 forward

Balance

Balance	
Location	Percent (%)
Front Left	19
Front Right	19.9
Back Left	30.9
Back Right	30.2

Measurements

Demo Location Guide (Sample Image)*	Name	Value (Inches)
	Neck	16.1
	Chest	41.4
	Waist	38.8
	Hips	41.8
	Left Biceps	12.9
	Right Biceps	13.3
	Left Forearm	10.4
	Right Forearm	10.9
	Left Thigh	25.7
	Right Thigh	26.1
	Left Calf	14.2

Demo Location Guide (Sample Image)*	Name	Value (Inches)
	Right Calf	14.3