



YOUR PERScription FOR A HEATHIER LIFE

Body Composition Trending Report

The following graphs show how different regions of your body have changed over time. This image and table shows how your body's muscle development and body fat in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. Live Lean Rx will continue to track these regions with each subsequent scan.



Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lbs)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arms Fat (lbs)	Arms Lean (lbs)	Legs Fat (lbs)	Legs Lean (lbs)
05/24/2019	217.0	11.8%	25.7	184.0	12.1	97.7	2.9	28.0	8.6	50.6
03/20/2019	216.0	13.5%	29.1	179.4	15.8	93.3	3.0	27.3	8.3	51.5