

Your Results



Your Body Fat Percentage Is 25-31%

Here's Why That Matters



Your body fat percentage tells us how much of your body is lean mass (muscle, organs, bone) vs stored fat.

Too much stored fat doesn't just affect how you look — it impacts your energy, hormone balance, and ability to burn fat efficiently.

Your current level may be slowing metabolism, increasing inflammation, or making it harder to stay consistent with workouts.

Next

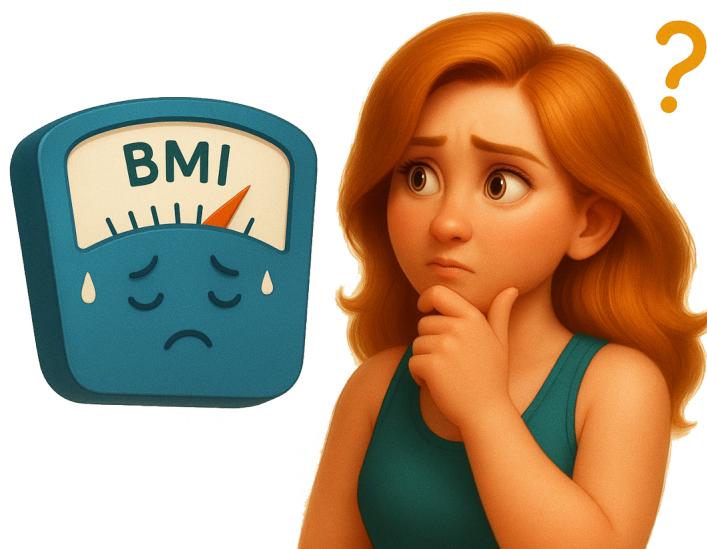


Your Results



Your BMI Is 32.3

— What That Means



BMI (Body Mass Index) is a quick way to estimate how your weight might affect your health based on your height and weight.

When your BMI is too high, your body may store more fat than it uses. That can slow your metabolism, drain your energy, and make fat loss harder — even if you're putting in effort.

"At this level, your body may be under more strain than you realize — from hormone balance to inflammation and recovery."



Body Fat %

Next



Your Results



You Should Be Eating Around 1268 Calories

But Not All Calories Are Equal



Your body burns calories just to stay alive. Eat less than you burn? You lose weight. Eat more? You store it. Simple math, but the type of calories still makes or breaks your results.

Most people eat low-quality calories that spike cravings, crash energy, and cause fat to stick — even if they're technically under their daily limit.

At this range, your body is primed to burn fat — but only if you're eating nutrient-dense, low-carb foods that stabilize your system.



BMI

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Your Results



Your Body Needs 8-9 Cups of Water Daily

Here's Why That Matters



Hydration is a fat-burning multiplier. Without enough water, your body holds onto toxins, slows digestion, and burns fat less efficiently.

Even mild dehydration can feel like fatigue, hunger, or sugar cravings. You're not lazy — you're likely under-hydrated

Drinking about 2 glasses per day is a great start, but your body is likely still running dry. Upping your intake can improve digestion, curb cravings, and help you burn fat more efficiently.



Caloric Intake

Next



Your Results



You Could Be Losing 1.7 lbs / Week

With the Right Fuel Source



This is your potential, what your body could lose if it's in fat-burning mode. But that depends on getting your metabolism working with you, not against you.

Low energy, stubborn cravings, and slow progress usually mean your body is still burning sugar instead of fat — and that keeps weight loss stuck.

With your numbers, results could show up even faster than expected, but only if your metabolism is dialed in and you're burning fat, not sugar.



Hydration

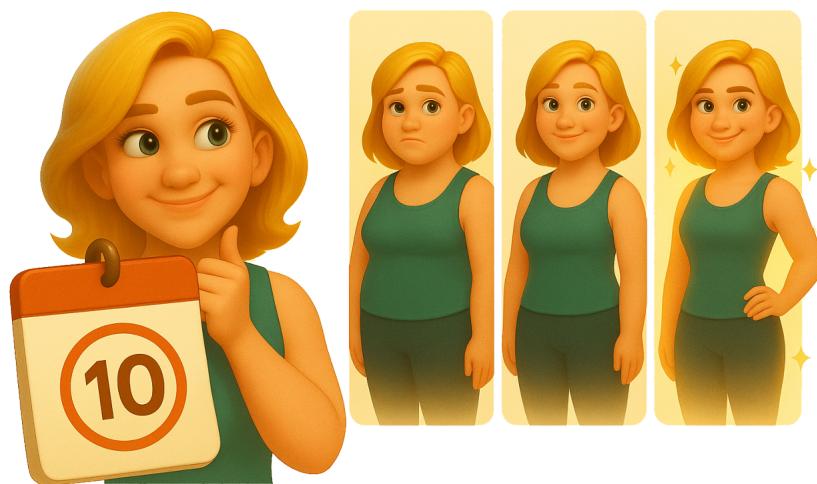
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Your Results



You Could See Results in as Little as 10 Days



Visible change doesn't take forever — when your metabolism shifts, your body can start dropping bloat, water weight, and fat surprisingly fast

It's not about how long you try — it's about whether your body's actually set up to change. The wrong plan wastes months.

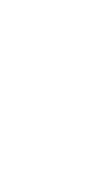
You're already aware — and that's step one. Now imagine pairing that awareness with a plan that shows results in the mirror by day 10.



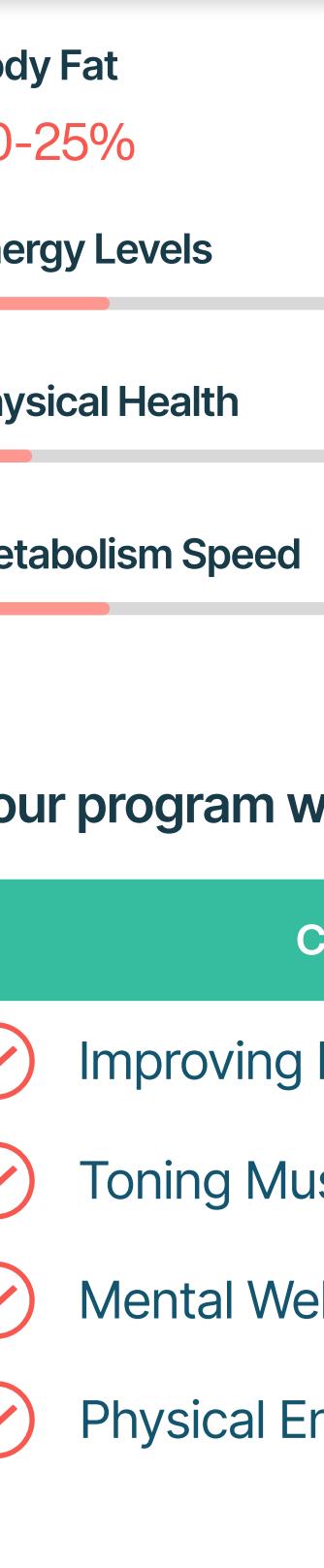
Weight Rate

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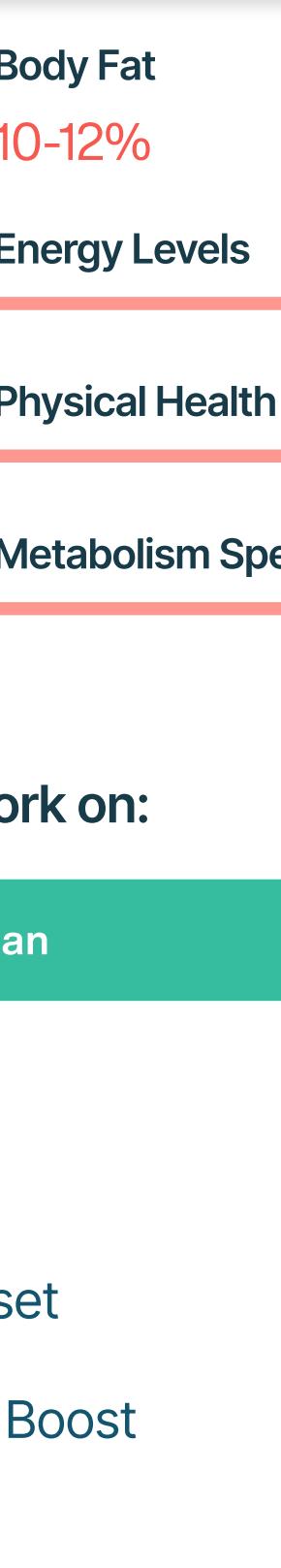




Your Personalized KetoSlim Plan Is Ready



Now



6 Months

Body Fat

20-25%

Energy Levels



Physical Health



Metabolism Speed



Body Fat

10-12%

Energy Levels



Physical Health



Metabolism Speed



Your program will also work on:

[Claim My Plan](#)


Improving Digestion

Toning Muscles

Mental Wellness Reset

Physical Endurance Boost