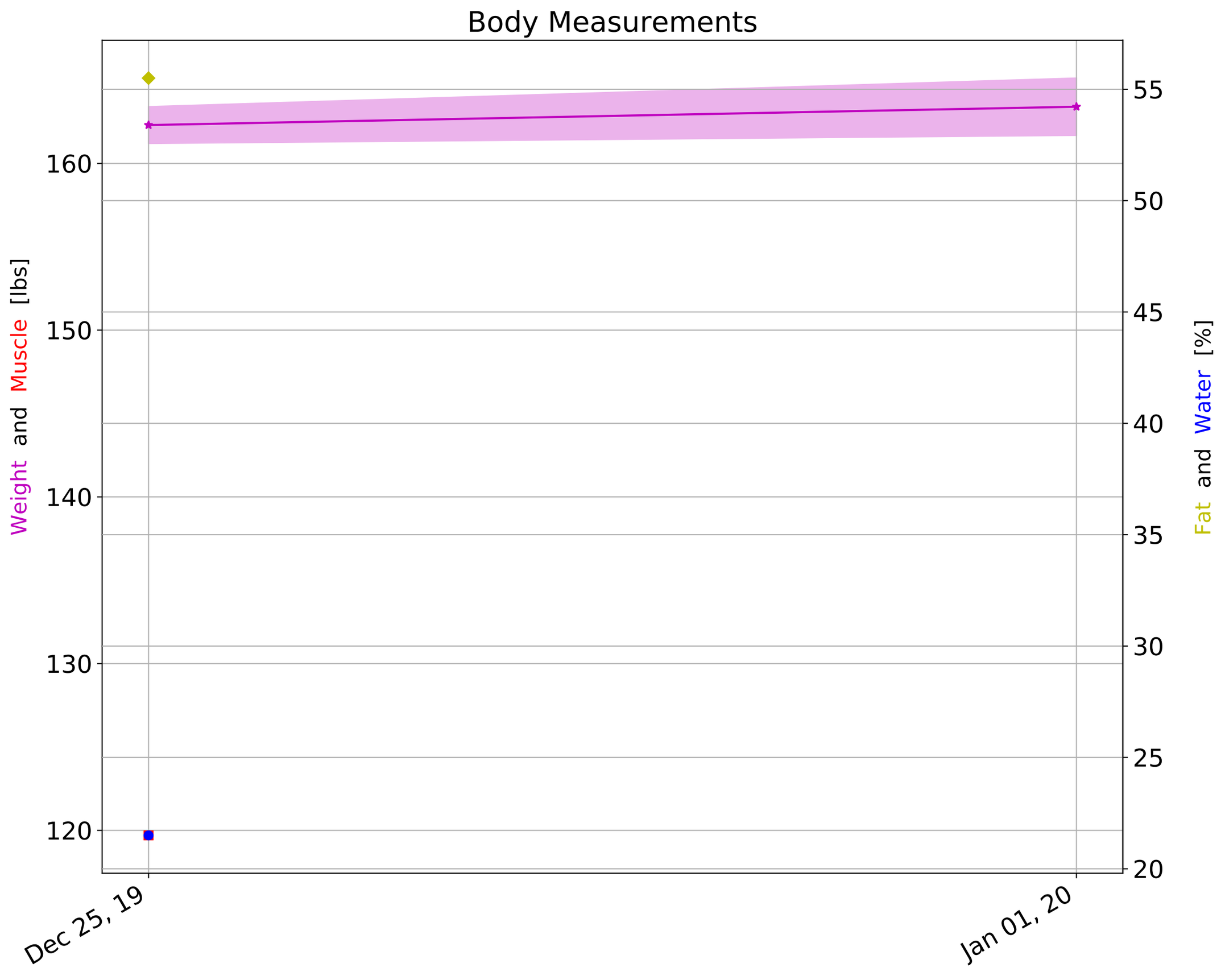
Body Measurements
Weight and Muscle [lbs]
Fat and Water [%]
160
150
140
130
120
55
50
45
40
35
30
25
20
Dec 25, 19
Jan 01, 20