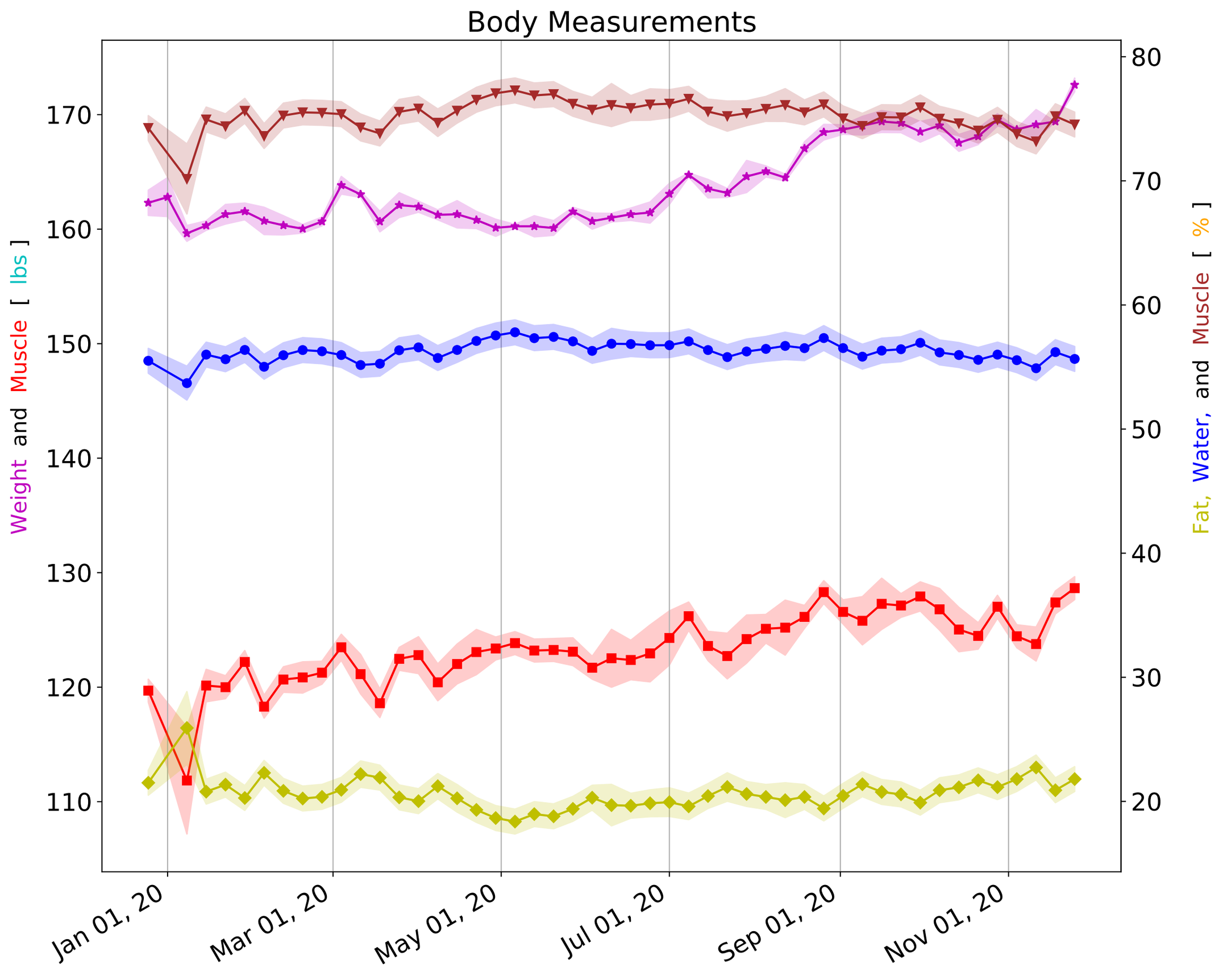
Body Measurements
Weight and Muscle [lbs]
Fat, Water, and Muscle [%]
170
160
150
140
130
120
110
80
70
60
50
40
30
20
Jan 01, 20
Mar 01, 20
May 01, 20
Jul 01, 20
Sep 01, 20
Nov 01, 20