M&Y Fitness Club

Personal Information

Name	Age	Gender	Weight	Height	Report Date
preet rawat	29	Female	84.9 Kg	5 ft 4 in	November 27, 2025

Overall Weight Score

60

You're on the right path, but some body indicators need a bit more care.

> 💡 **Recommendation**
> Stay active, focus on protein intake, and balance your meals. Small changes will boost your progress.

Body Composition Score	Fat Analysis Score	Metabolic Indicators Score
80/100	**47**/100	**53**/100

Body Composition

Fat Mass	37.8 kg
Lean Mass	47.1 kg
Muscle Mass	36 kg
Bone Mass	2.8 kg

Fat Analysis

Subcutaneous Fat	41 %
Body Fat Percentage	45 %
Visceral Fat Index	9

Metabolic Indicators

Basal Metabolic Rate	1489 kcal
Protein Percentage	11 %
Metabolic Age	29 years

Weight Analysis

Standard Weight	57.4 Kg
Weight Control	27.5 Kg
BMI	32.3

Body Composition

Detailed analysis of your body's structural components

Your score

80

Fat Mass

The total weight of fat in your body

Your Result	Ideal Range
37.8 kg	15 – 22 kg

High

Lean Mass

The weight of everything in your body except fat — including muscles, bones, water, and organs

Your Result	Ideal Range
47.1 kg	40 – 50 kg

Normal

Muscle Mass

The amount of muscle tissue in your body

Your Result	Ideal Range
36 kg	30 – 36 kg

Normal

Bone Mass

The total weight of bones in your body

Your Result	Ideal Range
2.8 kg	2 – 2.8 kg

Normal

📊 Fat Analysis

Detailed breakdown of fat distribution in your body

Subcutaneous Fat

Fat located just beneath the skin

Your Result	Ideal Range
41 %	8 – 20 %

High

Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result	Ideal Range
45 %	18 – 25 %

High

Visceral Fat Index

Fat stored within the abdominal cavity around vital organs

Your Result	Ideal Range
9	1 – 9

Normal

Metabolic Indicators

The number of calories your body needs at rest to maintain vital functions

Your score
53

Basal Metabolic Rate (BMR)

The number of calories your body needs at rest to maintain vital functions

Your Result	Ideal Range
1489 kcal	1400 – 2000 kcal

Normal

Protein Percentage

The amount of protein in your body as a percentage of total weight

Your Result	Ideal Range
11 %	16 – 20 %

Low

Metabolic Age

How your BMR compares to the average BMR of different age groups

Your Result	Ideal Range
29 years	27 – 31 yrs

Normal

📋 Personalized Recommendations

Based on your results, here are key actions to improve your health metrics

Priority Areas to Focus

Subcutaneous Fat
Reduce from 41 % to below 20 %

Body Fat Percent
Reduce from 45 % to below 25 %

Fat Mass
Reduce from 37.8 kg to below 22 kg

✅ Things to DO

Increase Protein

Eat lean protein (chicken, fish, tofu, legumes);
1.6-1.8g per kg body weight.

Cardio Exercise

30-45 mins, 4-5 times/week.
health and burn fat.

Strength Training

2-3 times/week to build muscle and support protein gain.

Stay Hydrated

Drink 3-4 liters of water each day.
Keeps digestion smooth and removes toxins.

Prioritize Sleep

Aim for 7-8 hours of quality sleep.
Recovery and focus improve with rest.

❌ Things to Avoid

Avoid Processed Foods

Cut packaged snacks, fast food and refined carbs

Limit Alcohol

Alcohol slows metabolism and increases visceral fat.

Cut Added Sugar

Skip sugary drinks, desserts, and hidden sugars.
They spike insulin and lead to fat gain.

Don't Stay Inactive

Move every 30 mins, avoid sitting for hours.
Keeps metabolism active.

No Crash Diets

Avoid extreme calorie cuts; harms metabolism and muscle.