

Personal Information

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

Overall Weight Score



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

80/100

Fat Analysis Score

47/100

Metabolic Indicators Score

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

Your score

80

Detailed analysis of your body's structural components

Fat Mass

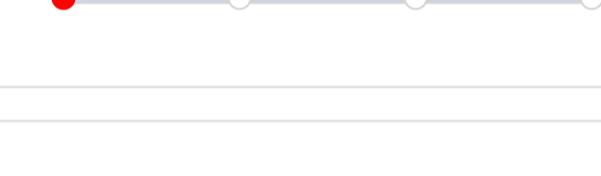
The total weight of fat in your body

Your Result	Ideal Range
37.8 kg	15 – 22 kg

**Lean Mass**

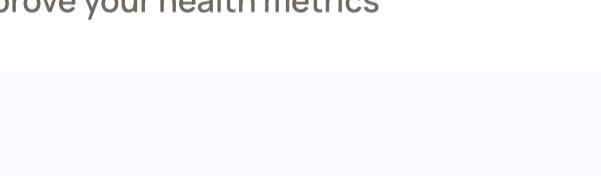
The weight of everything in your body except fat – including muscles, bones, water, and organs

Your Result	Ideal Range
47.1 kg	40 – 50 kg

**Muscle Mass**

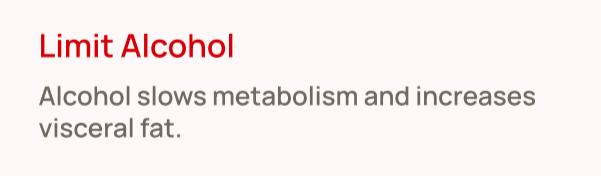
The amount of muscle tissue in your body

Your Result	Ideal Range
36 kg	30 – 36 kg

**Bone Mass**

The total weight of bones in your body

Your Result	Ideal Range
2.8 kg	2 – 2.8 kg

**% Fat Analysis**

Your score

47

Detailed breakdown of fat distribution in your body

Subcutaneous Fat

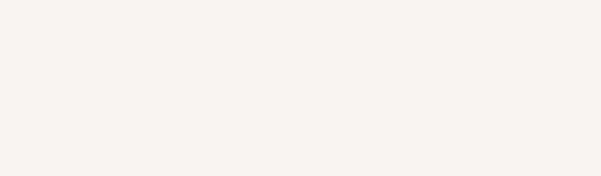
Fat located just beneath the skin

Your Result	Ideal Range
41 %	8 – 20 %

**Body Fat Percentage**

Total fat mass as a percentage of total body weight

Your Result	Ideal Range
45 %	18 – 25 %

**Visceral Fat Index**

Fat stored within the abdominal cavity around vital organs

Your Result	Ideal Range
9	1 – 9

**Metabolic Indicators**

Your score

53

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

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

Protein Percentage

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

Your Result	Ideal Range
11 %	16 – 20 %

Metabolic Age

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

Your Result	Ideal Range
29 years	27 – 31 yrs

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.

TRANSFORM YOUR BODY, TRANSFORM YOUR LIFE WITH FITELO

Connect with us today and take the first step towards a healthier, fitter you.

Our team is ready to guide you through every step of your weight loss journey—let's make it happen together!

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This report is generated based on the Fitelo Smart Scale measurement taken on November 27, 2025, 7:55 PM. For accurate tracking, we recommend taking measurements at the same time of day, preferably in the morning before eating or drinking.

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