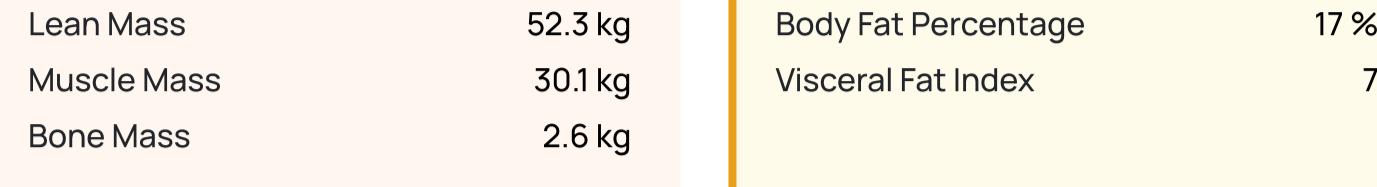


Personal Information

Name shubham	Age 26	Gender Male	Weight 63.3 Kg	Height 5 ft 6 in	Report Date November 27, 2025
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Overall Weight Score



Excellent! Your body is in great shape and well-balanced.

Recommendation

Maintain your current lifestyle. Continue regular check-ins to keep everything on track.

Body Composition Score

80/100

Fat Analysis Score

100/100

Metabolic Indicators Score

100/100

Body Composition

Fat Mass	11 kg
Lean Mass	52.3 kg
Muscle Mass	30.1 kg
Bone Mass	2.6 kg

Fat Analysis

Subcutaneous Fat	16 %
Body Fat Percentage	17 %
Visceral Fat Index	7

Metabolic Indicators

Basal Metabolic Rate	1421 kcal
Protein Percentage	18 %
Metabolic Age	26 years

Weight Analysis

Standard Weight	60.9 Kg
Weight Control	2.4 Kg
BMI	22.6

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
11 kg	10 - 15 kg

Normal



Lean Mass

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

Your Result	Ideal Range
52.3 kg	52 - 65 kg

Normal

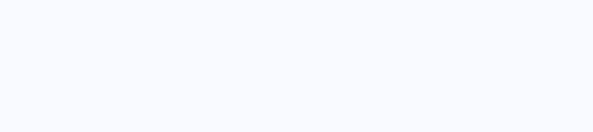


Muscle Mass

The amount of muscle tissue in your body

Your Result	Ideal Range
30.1 kg	40 - 47 kg

Low

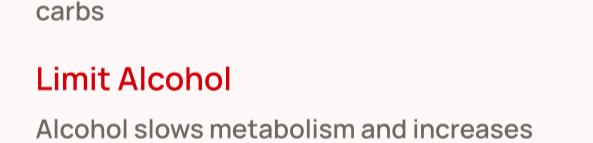


Bone Mass

The total weight of bones in your body

Your Result	Ideal Range
2.6 kg	2.5 - 3.2 kg

Normal



Fat Analysis

Detailed breakdown of fat distribution in your body

Your score

100

Subcutaneous Fat

Fat located just beneath the skin

Your Result	Ideal Range
16 %	8 - 20 %

Normal



Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result	Ideal Range
17 %	10 - 20 %

Normal



Visceral Fat Index

Fat stored within the abdominal cavity around vital organs

Your Result	Ideal Range
7	1 - 9

Normal



Metabolic Indicators

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

Your score

100

Basal Metabolic Rate (BMR)

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

Your Result	Ideal Range
1421 kcal	1400 - 2000 kcal

Normal

Protein Percentage

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

Your Result	Ideal Range
18 %	16 - 20 %

Normal

Metabolic Age

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

Your Result	Ideal Range
26 years	24 - 28 yrs

Normal

Personalized Recommendations

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

Priority Areas to Focus

Muscle Mass

Increase from 30.1 kg to above 40 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!

Download Our App



This report is generated based on the Fitelo Smart Scale measurement taken on November 27, 2025, 8:45 PM. For accurate tracking, we recommend taking measurements at the same time of day, preferably in the morning before eating or drinking.