

## Personal Information

Name rahul agarwal Age 36 Gender Male Weight 81.45 Kg Height 5 ft 6 in Report Date November 27, 2025

## Overall Weight Score

63

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

38/100

## Metabolic Indicators Score

72/100

## Body Composition

Fat Mass	23.2 kg
Lean Mass	58.2 kg
Muscle Mass	43.1 kg
Bone Mass	2.9 kg

## Fat Analysis

Subcutaneous Fat	26 %
Body Fat Percentage	29 %
Visceral Fat Index	12

## Metabolic Indicators

Basal Metabolic Rate	1587 kcal
Protein Percentage	15 %
Metabolic Age	36 years

## Weight Analysis

Standard Weight	60.9 Kg
Weight Control	20.6 Kg
BMI	29.2

## BMI Body Composition

Your score

80

## Fat Mass

The total weight of fat in your body

Your Result	Ideal Range
23.2 kg	10 - 15 kg

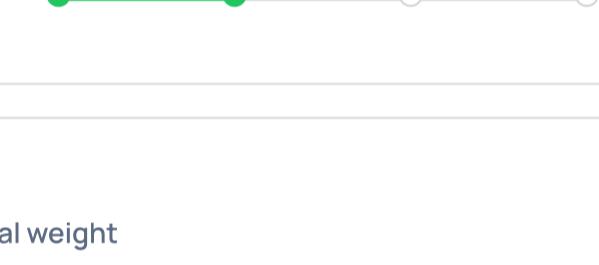


High

## Lean Mass

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

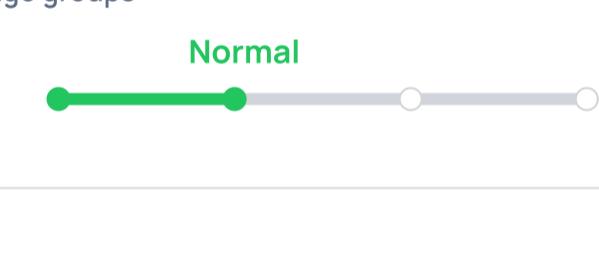
Your Result	Ideal Range
58.2 kg	52 - 65 kg



## Muscle Mass

The amount of muscle tissue in your body

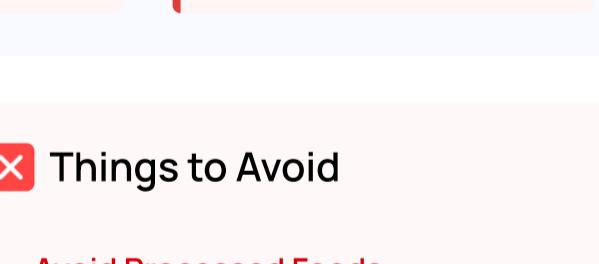
Your Result	Ideal Range
43.1 kg	40 - 47 kg



## Bone Mass

The total weight of bones in your body

Your Result	Ideal Range
2.9 kg	2.5 - 3.2 kg



## % Fat Analysis

Your score

38

## Detailed breakdown of fat distribution in your body

## Subcutaneous Fat

Fat located just beneath the skin

Your Result	Ideal Range
26 %	8 - 20 %

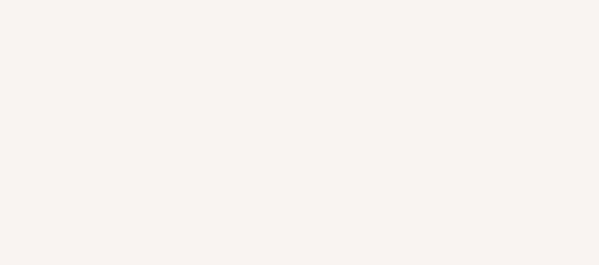


High

## Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result	Ideal Range
29 %	10 - 20 %



High

## Visceral Fat Index

Fat stored within the abdominal cavity around vital organs

Your Result	Ideal Range
12	1 - 9



Slightly High

Attention Required

You're starting to store more fat around your organs. This is the type of fat most closely linked with health risks. Limit sugar and alcohol, and engage in regular cardio.

## PERSONALIZED RECOMMENDATIONS

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

Your score

72

## Priority Areas to Focus

## Body Fat Percent

Reduce from 29 % to below 20 %

## Fat Mass

Reduce from 23.2 kg to below 15 kg

## Subcutaneous Fat

Reduce from 26 % to below 20 %

## 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 FITEO

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, 7:13 PM. For accurate tracking, we recommend taking measurements at the same time of day, preferably in the morning before eating or drinking.