

M&Y Fitness Club

PERSONAL INFORMATION SUMMARY

Personal Information

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

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



Body Composition

Your score



Detailed analysis of your body's structural components

Fat Mass

The total weight of fat in your body

Your Result

23.2 kg

Ideal Range

10 – 15 kg



Lean Mass

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

Your Result

58.2 kg

Ideal Range

52 – 65 kg



Muscle Mass

The amount of muscle tissue in your body

Your Result

43.1 kg

Ideal Range

40 – 47 kg



Bone Mass

The total weight of bones in your body

Your Result

2.9 kg

Ideal Range

2.5 – 3.2 kg



% Fat Analysis

Your score



Detailed breakdown of fat distribution in your body

Subcutaneous Fat

Fat located just beneath the skin

Your Result	Ideal Range
26 %	8 – 20 %



Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result	Ideal Range
29 %	10 – 20 %



Visceral Fat Index

Fat stored within the abdominal cavity around vital organs

Your Result	Ideal Range
12	1 – 9



⚠ 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.



Metabolic Indicators

Your score



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

1587 kcal

Ideal Range

1400 – 2000 kcal



Protein Percentage

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

Your Result

15 %

Ideal Range

16 – 20 %



⚠ Attention Required

You're not getting enough protein. This could affect muscle recovery and immunity. Include more lean meats, legumes, dairy, or plant-based proteins in your diet.

Metabolic Age

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

Your Result

36 years

Ideal Range

34 – 38 yrs



Personalized Recommendations

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

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.