

Personal Information

Name	Age	Gender	Weight	Height	Report Date
rudhrapratap singh	29	Male	72.45 Kg	5 ft 7 in	November 27, 2025

Overall Weight Score

88

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

74/100

Fat Analysis Score

92/100

Metabolic Indicators Score

100/100

Body Composition

Fat Mass	16 kg
Lean Mass	56.4 kg
Muscle Mass	37.1 kg
Bone Mass	2.8 kg

Fat Analysis

Subcutaneous Fat	20 %
Body Fat Percentage	22 %
Visceral Fat Index	9

Metabolic Indicators

Basal Metabolic Rate	1534 kcal
Protein Percentage	17 %
Metabolic Age	29 years

Weight Analysis

Standard Weight	63 Kg
Weight Control	9.5 Kg
BMI	25

📊

Body Composition

Your score

74

Detailed analysis of your body's structural components

Fat Mass

The total weight of fat in your body

Your Result

16 kg

Ideal Range

10 – 15 kg

Slightly High

⚠️ Attention Required

You're starting to accumulate excess fat. Now's a great time to adopt healthier eating habits and increase physical activity before it builds up further.

Lean Mass

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

Your Result

56.4 kg

Ideal Range

52 – 65 kg

Normal

Muscle Mass

The amount of muscle tissue in your body

Your Result

37.1 kg

Ideal Range

40 – 47 kg

Low

Bone Mass

The total weight of bones in your body

Your Result

2.8 kg

Ideal Range

2.5 – 3.2 kg

Normal

%

Fat Analysis

Your score

92

Detailed breakdown of fat distribution in your body

Subcutaneous Fat

Fat located just beneath the skin

Your Result

20 %

Ideal Range

8 – 20 %

Normal

Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result

22 %

Ideal Range

10 – 20 %

Slightly High

⚠️ Attention Required

Your body fat percentage is a bit above the healthy range. This can impact your metabolism and energy. Combine cardio and strength workouts to start trimming it down.

Visceral Fat Index

Fat stored within the abdominal cavity around vital organs

Your Result

9

Ideal Range

1 – 9

Normal

📈

Metabolic Indicators

Your score

100

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

1534 kcal

Ideal Range

1400 – 2000 kcal

Normal

Protein Percentage

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

Your Result

17 %

Ideal Range

16 – 20 %

Normal

Metabolic Age

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

Your Result

29 years

Ideal Range

27 – 31 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 37.1 kg to above 40 kg

Body Fat Percent

Reduce from 22 % to below 20 %

Fat Mass

Reduce from 16 kg to below 15 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, 7:52 PM. For accurate tracking, we recommend taking measurements at the same time of day, preferably in the morning before eating or drinking.