

M&Y Fitness Club

PERSONAL INFORMATION SUMMARY

Personal Information

Name	Age	Gender	Weight	Height	Report Date
naveen soni	22	Male	85.95 Kg	6 ft 1 in	November 27, 2025

Overall Weight Score



87

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

73/100

Fat Analysis Score

92/100

Metabolic Indicators Score

100/100

Body Composition

Fat Mass	18.2 kg
Lean Mass	67.7 kg
Muscle Mass	52 kg
Bone Mass	3.3 kg

Fat Analysis

Subcutaneous Fat	19 %
Body Fat Percentage	21 %
Visceral Fat Index	7

Metabolic Indicators

Basal Metabolic Rate	1859 kcal
Protein Percentage	17 %
Metabolic Age	22 years

Weight Analysis

Standard Weight	73.5 Kg
Weight Control	12.5 Kg
BMI	25.1



Body Composition

Your score



Detailed analysis of your body's structural components

Fat Mass

The total weight of fat in your body

Your Result

18.2 kg

Ideal Range

10 – 15 kg

High



⚠ Attention Required

Your body fat levels are higher than recommended. This may impact your heart health, energy levels, and metabolism. Focus on structured exercise and dietary changes to reduce fat mass safely.

Lean Mass

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

Your Result

67.7 kg

Ideal Range

52 – 65 kg

Slightly High



⚠ Attention Required

Your lean mass is slightly above the typical range. This is usually fine, especially if it's due to muscle. Just make sure it's not from excess water retention – stay active, eat clean, and keep hydrating well.

Muscle Mass

The amount of muscle tissue in your body

Your Result

52 kg

Ideal Range

40 – 47 kg

High



Bone Mass

The total weight of bones in your body

Your Result

3.3 kg

Ideal Range

2.5 – 3.2 kg

Slightly High



% Fat Analysis

Your score



Detailed breakdown of fat distribution in your body

Subcutaneous Fat

Fat located just beneath the skin

Your Result

19 %

Ideal Range

8 – 20 %

Normal



Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result

21 %

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

7

Ideal Range

1 – 9

Normal





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

1859 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

22 years

Ideal Range

20 – 24 yrs

Normal



Personalized Recommendations

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

Priority Areas to Focus

Muscle Mass

Reduce from 52 kg to below 47 kg

Fat Mass

Reduce from 18.2 kg to below 15 kg

Lean Mass

Reduce from 67.7 kg to below 65 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.