

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**

Detailed analysis of your body's structural components

Your score

73

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**

Detailed breakdown of fat distribution in your body

Your score

92

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**

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

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.

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, 8:49 PM. For accurate tracking, we recommend taking measurements at the same time of day, preferably in the morning before eating or drinking.