

M&Y Fitness Club

PERSONAL INFORMATION SUMMARY

Personal Information

Name	Age	Gender	Weight	Height	Report Date
shubham	26	Male	63.3 Kg	5 ft 6 in	November 27, 2025

Overall Weight Score



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

80/100

Fat Analysis Score

100/100

Metabolic Indicators Score

100/100

Body Composition

Fat Mass	11 kg
Lean Mass	52.3 kg
Muscle Mass	30.1 kg
Bone Mass	2.6 kg

Fat Analysis

Subcutaneous Fat	16 %
Body Fat Percentage	17 %
Visceral Fat Index	7

Metabolic Indicators

Basal Metabolic Rate	1421 kcal
Protein Percentage	18 %
Metabolic Age	26 years

Weight Analysis

Standard Weight	60.9 Kg
Weight Control	2.4 Kg
BMI	22.6



Body Composition

Your score



Detailed analysis of your body's structural components

Fat Mass

The total weight of fat in your body

Your Result

11 kg

Ideal Range

10 – 15 kg

Normal



Lean Mass

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

Your Result

52.3 kg

Ideal Range

52 – 65 kg

Normal



Muscle Mass

The amount of muscle tissue in your body

Your Result

30.1 kg

Ideal Range

40 – 47 kg

Low



Bone Mass

The total weight of bones in your body

Your Result

2.6 kg

Ideal Range

2.5 – 3.2 kg

Normal



% Fat Analysis

Your score



Detailed breakdown of fat distribution in your body

Subcutaneous Fat

Fat located just beneath the skin

Your Result

16 %

Ideal Range

8 – 20 %

Normal



Body Fat Percentage

Total fat mass as a percentage of total body weight

Your Result

17 %

Ideal Range

10 – 20 %

Normal



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

1421 kcal

Ideal Range

1400 – 2000 kcal

Normal



Protein Percentage

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

Your Result

18 %

Ideal Range

16 – 20 %

Normal



Metabolic Age

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

Your Result

26 years

Ideal Range

24 – 28 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 30.1 kg to above
40 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.