

Chris Bair

Measured: 04/13/2019

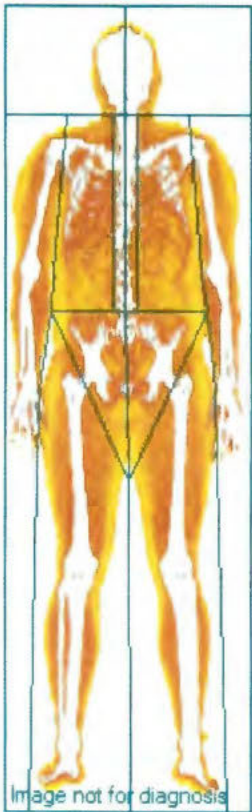
Age: 41.8
Gender: Male
Baseline Date: (none)

Height: 73.0 in.
Weight: 204.0 lbs.

SUMMARY LEVEL RESULTS

Total Body Composition					
Measured Date	Total Body Fat	Total Tissue Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
04/13/2019	32.5%	205.9 lbs	64.3 lbs	133.5 lbs	8.2 lbs
02/16/2018	34.7%	209.1 lbs	69.6 lbs	131.1 lbs	8.4 lbs
02/09/2018	34.9%	207.4 lbs	69.5 lbs	129.6 lbs	8.3 lbs
12/30/2017	35.0%	221.2 lbs	74.6 lbs	138.4 lbs	8.2 lbs
11/22/2017	36.2%	215.8 lbs	75.1 lbs	132.3 lbs	8.4 lbs

Total Body Tissue Quantitation



Ideal Body Fat Percentage

This table provides target body fat percentages based on American Council on Exercise recommendations.

Description	Men	Women
Essential Fat	2 - 5%	10 - 13%
Athletes	6 - 13%	14 - 20%
Fitness	14 - 17%	21 - 24%
Average	18 - 24%	25 - 31%
Above Average	25% +	32% +

Regional Composition

The table below divides your body into 5 key regions and provides the composition breakdown for each. Dexa Body will track these regions over time to chart individual progress.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	28.5%	23.9 lbs	6.8 lbs	15.9 lbs	1.2 lbs
Legs	27.5%	70.3 lbs	19.4 lbs	47.7 lbs	3.3 lbs
Trunk	35.7%	100.6 lbs	35.9 lbs	62.2 lbs	2.4 lbs
Android	39.6%	15.1 lbs	6.0 lbs	9.0 lbs	0.1 lbs
Gynoid	32.6%	30.5 lbs	9.9 lbs	19.8 lbs	0.8 lbs



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Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

METABOLIC & MUSCLE DISTRIBUTION REPORT

RESTING METABOLIC RATE (RMR)

Test Date 04/13/2019	1,679 cal/day	This is a nutritional baseline indicating the number of calories you need to intake to sustain lean tissue. Depending on your goals, you will need a caloric deficit or surplus. Dexa Body offers a comprehensive RMR test which offers an in depth calculation of your total body caloric requirements.
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RELATIVE SKELETAL MUSCLE INDEX (RSMI)

Test Date 04/13/2019	8.39 kg/m²	RSMI represents the relative amount of muscle in the arms and legs. Sarcopenia is the degenerative loss of skeletal mass (0.5 - 1% loss per year after the age of 25), quality, and strength associated with aging. Men should have an RSMI greater than 7.26, and women should be greater than 5.45.
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LEAN MASS RATIOS

Lean mass ratios provide a quick snapshot of how lean tissue is distributed in our bodies. This is an individualized approach to understanding lean tissue distribution relative to your total body composition.		
Trunk	61.9%	This metric indicates what percentage of the total tissue in your trunk is considered lean tissue. The trunk includes the area spanning from your pelvic region to the top of your neck, not including your arms.
Legs	67.8%	This metric indicates what percentage of the total tissue in your legs is considered lean tissue.
Arms	66.6%	This metric indicates what percentage of the total tissue in your arms is considered lean tissue.

FAT DISTRIBUTION REPORT

Abdomen Composition



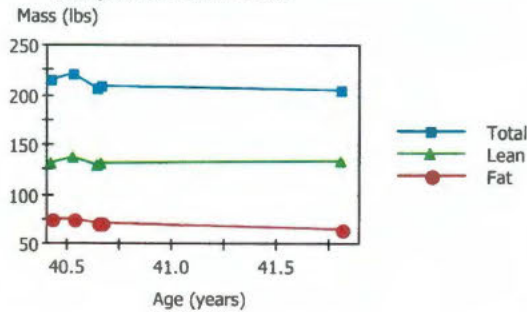
Adipose Tissue
1 Visceral
2 Subcutaneous

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity. The A/G ratio compares Android fat to Gynoid fat. The ideal ratio is less than **1.0** for optimal fat distribution.

Dexa Body estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. Dexa Body results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

Total

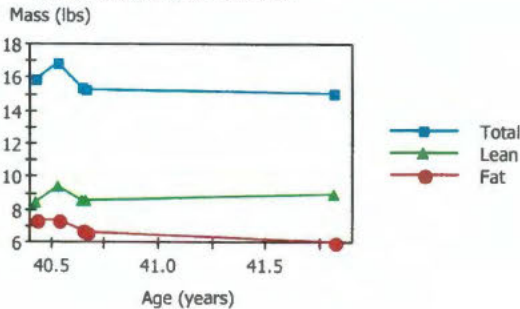
Composition Trend: Total



Date	Age	Total Mass (lbs)	Lean Mass (lbs)	Fat Mass (lbs)
03/14/2016	38.7	206.7	135.0	63.2
12/30/2017	40.5	221.2	138.4	74.6
02/09/2018	40.6	207.4	129.6	69.5
02/16/2018	40.6	209.1	131.1	69.6
04/13/2019	41.8	205.9	133.5	64.3

Android / Gynoid

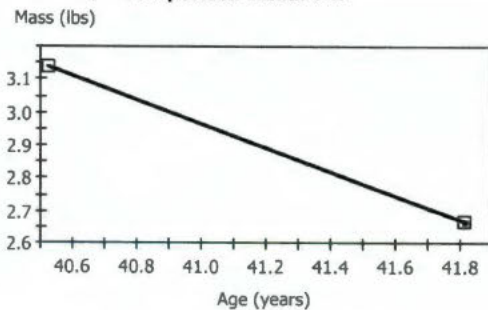
Composition Trend: Android



Date	Age	Android Mass (lbs)	Android Lean (lbs)	Android Fat (lbs)	Android %Fat	Gynoid %Fat	A/G Ratio
03/14/2016	38.7	15.0	8.6	6.3	42.4	30.9	1.37
12/30/2017	40.5	16.9	9.4	7.4	44.0	35.3	1.25
02/09/2018	40.6	15.4	8.6	6.7	43.6	35.4	1.23
02/16/2018	40.6	15.3	8.6	6.6	43.3	34.9	1.24
04/13/2019	41.8	15.1	9.0	6.0	39.9	33.5	1.19

Visceral Adipose Tissue (VAT)

Composition Trend: VAT



Date	Age	Fat Mass (lbs)	Volume (in³)
12/30/2017	40.5	3.14	92.07
04/13/2019	41.8	2.67	78.41

Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

MUSCLE BALANCE REPORT

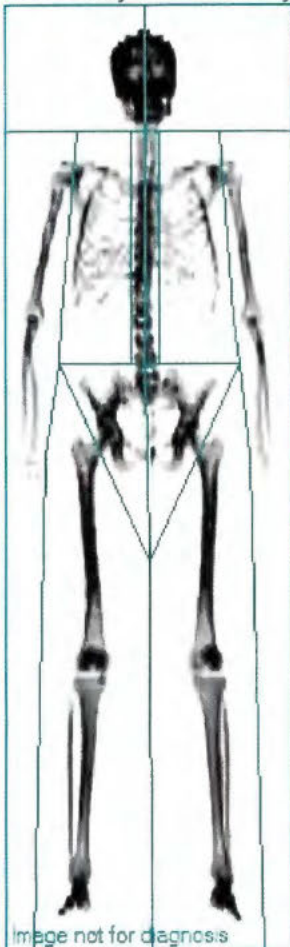
The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Dexa Body looks at movement efficiency, and having a balanced body composition improves overall physical capability, especially with functional movements.

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Right Arm	30.0%	12.6 lbs	3.8 lbs	8.2 lbs	0.6 lbs
Left Arm	26.8%	11.3 lbs	3.0 lbs	7.7 lbs	0.6 lbs
Arms Total	28.5%	23.9 lbs	6.8 lbs	15.9 lbs	1.2 lbs
Right Leg	27.2%	36.3 lbs	9.9 lbs	24.8 lbs	1.6 lbs
Left Leg	27.8%	34.0 lbs	9.5 lbs	22.9 lbs	1.6 lbs
Legs Total	27.5%	70.3 lbs	19.4 lbs	47.7 lbs	3.3 lbs

BONE REPORT

Bone density is a critical component of our overall health and physical capabilities. As we age, our bone strength naturally deteriorates through a process called fibrosis. Fibrosis causes our bone structure to slowly convert to fibrous tissue. Weight-bearing exercises that stress our skeletal tissue can increase bone density.

Total Body Bone Density



Bone Density: USA (Combined NHANES/Lunar)

Region	BMD	Young Adult T-Score	Age Matched Z-Score
Head	2.520 g/cm ²	-	-
Arms	0.994 g/cm ²	-	-
Legs	1.581 g/cm ²	-	-
Trunk	1.273 g/cm ²	-	-
Ribs	1.145 g/cm ²	-	-
Spine	1.618 g/cm ²	-	-
Pelvis	1.219 g/cm ²	-	-
Total	1.440 g/cm²	2.4	1.7

The chart above provides a Total Body Bone Mineral Density (BMD) quantity along with a T-Score and a Z-Score. The T-Score compares your bones to a healthy 30-year old adult of your gender. The Z-Score compares your BMD to a person at your same age and of the same gender. The values given are measured in units called standard deviations, and they show how your BMD compares to the given reference population. If you have any concerns regarding these numbers, you should contact your physician.

T-Score	Result	Z Score	% Population (Greater Than)
-1 and above	Normal	-1.5 to -0.5	7% - 30%
-1.0 to -2.5	Potential Osteopenia	-0.5 to 0.0	30% - 50%
-2.5 and below	Potential Osteoporosis	-0.0 to 0.5	50% - 69%
		0.5 to 1.5	69% - 93%
		1.5 to 2.0	93% - 97%
		2.0 and above	97% - 99%

The BMD measured at Total Body Total is 1.440 g/cm² with a T-score of 2.4 is normal.



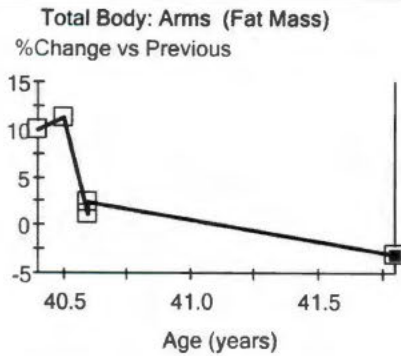
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Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

REGIONAL FAT TISSUE REPORT

The following graphs display how fat tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose fat differently. Dexa Body will continue to track and report on each of these regions in follow up scans.

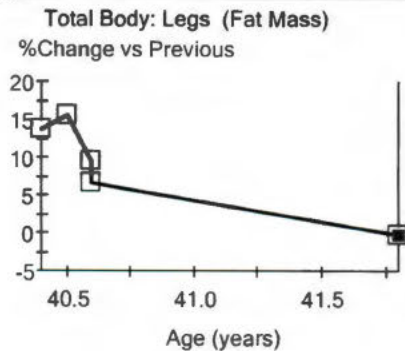
Arms



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	6.8 lbs	0.4 lbs	-0.4 lbs
02/16/2018	7.2 lbs	0.8 lbs	0.1 lbs
02/09/2018	7.1 lbs	0.7 lbs	-0.8 lbs
12/30/2017	7.9 lbs	1.5 lbs	0.1 lbs
...
03/14/2016	6.4 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	28.5%	3.2%	0.0%
02/16/2018	28.5%	3.2%	-0.2%
02/09/2018	28.7%	3.4%	-0.3%
12/30/2017	29.0%	3.7%	-1.4%
...
03/14/2016	25.3%	baseline	-

Legs



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	19.4 lbs	2.3 lbs	-1.4 lbs
02/16/2018	20.8 lbs	3.7 lbs	-0.6 lbs
02/09/2018	21.4 lbs	4.3 lbs	-1.4 lbs
12/30/2017	22.8 lbs	5.7 lbs	0.4 lbs
...
03/14/2016	17.1 lbs	baseline	-

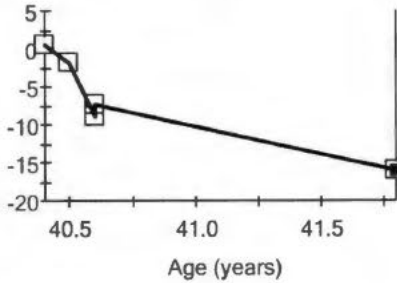
Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	27.5%	2.9%	-2.0%
02/16/2018	29.5%	4.9%	-0.7%
02/09/2018	30.2%	5.6%	-0.2%
12/30/2017	30.4%	5.8%	0.1%
...
03/14/2016	24.6%	baseline	-

Trunk



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Total Body: Trunk (Fat Mass)
 %Change vs Previous



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	35.9 lbs	-1.5 lbs	-3.4 lbs
02/16/2018	39.3 lbs	1.9 lbs	0.6 lbs
02/09/2018	38.7 lbs	1.3 lbs	-2.9 lbs
12/30/2017	41.6 lbs	4.2 lbs	-1.0 lbs
...
03/14/2016	37.4 lbs	baseline	-

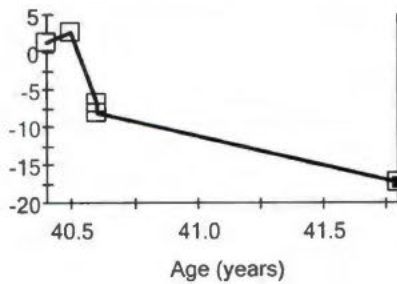
Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	35.7%	-1.7%	-3.0%
02/16/2018	38.7%	1.3%	0.1%
02/09/2018	38.6%	1.2%	-0.1%
12/30/2017	38.7%	1.3%	-2.1%
...
03/14/2016	37.4%	baseline	-

Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

REGIONAL FAT TISSUE REPORT (Continued)

Android

Total Body: Android (Fat Mass)
 %Change vs Previous



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	6.0 lbs	-0.3 lbs	-0.6 lbs
02/16/2018	6.6 lbs	0.3 lbs	-0.1 lbs
02/09/2018	6.7 lbs	0.4 lbs	-0.7 lbs
12/30/2017	7.4 lbs	1.1 lbs	0.1 lbs
...
03/14/2016	6.3 lbs	baseline	-

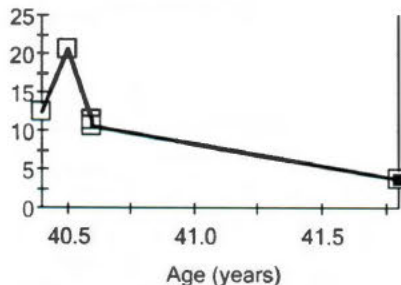
Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	39.6%	-2.4%	-3.3%
02/16/2018	42.9%	0.9%	-0.3%
02/09/2018	43.2%	1.2%	-0.5%
12/30/2017	43.7%	1.7%	-2.4%
...
03/14/2016	42.0%	baseline	-

Gynoid



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Total Body: Gynoid (Fat Mass)
 %Change vs Previous

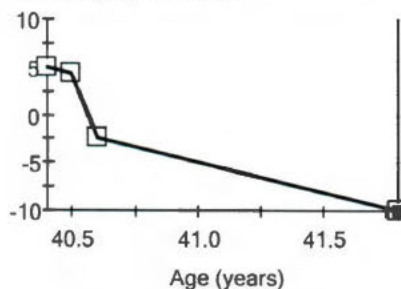


Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	9.9 lbs	1.3 lbs	-0.7 lbs
02/16/2018	10.6 lbs	2.0 lbs	-0.1 lbs
02/09/2018	10.7 lbs	2.1 lbs	-1.1 lbs
12/30/2017	11.8 lbs	3.2 lbs	0.9 lbs
...
03/14/2016	8.6 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	32.6%	2.6%	-1.3%
02/16/2018	33.9%	3.9%	-0.6%
02/09/2018	34.5%	4.5%	0.0%
12/30/2017	34.5%	4.5%	0.2%
...
03/14/2016	30.0%	baseline	-

Total

Total Body: Total (Fat Mass)
 %Change vs Previous



Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	64.3 lbs	1.1 lbs	-5.3 lbs
02/16/2018	69.6 lbs	6.4 lbs	0.1 lbs
02/09/2018	69.5 lbs	6.3 lbs	-5.1 lbs
12/30/2017	74.6 lbs	11.4 lbs	-0.5 lbs
...
03/14/2016	63.2 lbs	baseline	-

Measured Date	Region Fat Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	31.2%	0.6%	-2.1%
02/16/2018	33.3%	2.7%	-0.2%
02/09/2018	33.5%	2.9%	-0.2%
12/30/2017	33.7%	3.1%	-1.1%
...
03/14/2016	30.6%	baseline	-



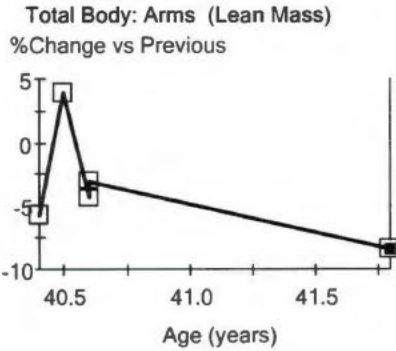
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Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

REGIONAL LEAN TISSUE REPORT

The following graphs display how lean tissue in different regions of your body have changed over time. These graphs show how the different regions in your body have responded to your training and/or nutrition program. Each individual will gain and lose lean mass differently. Dexa Body will continue to track and report on each of these regions in follow up scans.

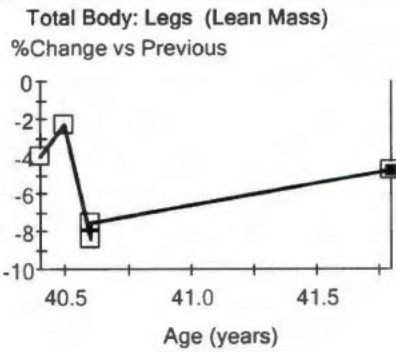
Arms



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	15.9 lbs	-1.7 lbs	-0.9 lbs
02/16/2018	16.8 lbs	-0.8 lbs	0.2 lbs
02/09/2018	16.6 lbs	-1.0 lbs	-1.5 lbs
12/30/2017	18.1 lbs	0.5 lbs	1.6 lbs
...
03/14/2016	17.6 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	66.6%	-9.6%	-5.4%
02/16/2018	66.6%	-4.5%	1.2%
02/09/2018	66.5%	-5.7%	-8.3%
12/30/2017	66.6%	2.8%	9.7%
...
03/14/2016	69.9%	baseline	-

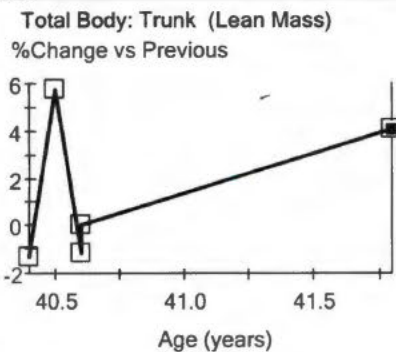
Legs



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	47.7 lbs	-1.2 lbs	1.3 lbs
02/16/2018	46.4 lbs	-2.5 lbs	0.4 lbs
02/09/2018	46.0 lbs	-2.9 lbs	-3.0 lbs
12/30/2017	49.0 lbs	0.1 lbs	0.8 lbs
...
03/14/2016	48.9 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	67.8%	-2.5%	2.8%
02/16/2018	65.8%	-5.1%	0.9%
02/09/2018	65.0%	-5.9%	-6.1%
12/30/2017	65.2%	0.2%	1.7%
...
03/14/2016	70.5%	baseline	-

Trunk



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	62.2 lbs	2.1 lbs	2.4 lbs
02/16/2018	59.8 lbs	-0.3 lbs	0.7 lbs
02/09/2018	59.1 lbs	-1.0 lbs	-4.4 lbs
12/30/2017	63.5 lbs	3.4 lbs	4.2 lbs
...
03/14/2016	60.1 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	61.9%	3.5%	4.0%
02/16/2018	58.8%	-0.5%	1.2%
02/09/2018	58.9%	-1.7%	-6.9%
12/30/2017	59.1%	5.7%	7.1%
...



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03/14/2016

60.1%

baseline

-



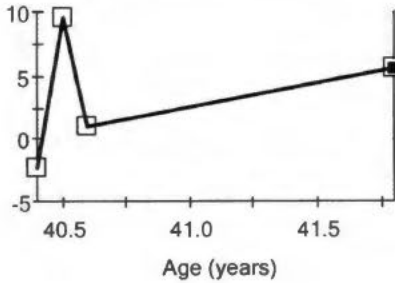
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Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Total Body: Android (Lean Mass)
 %Change vs Previous

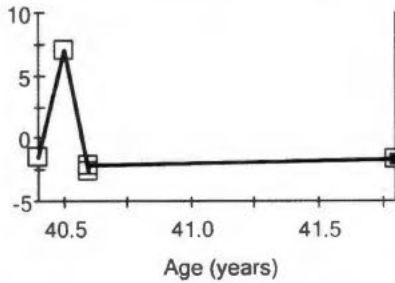


Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	9.0 lbs	0.4 lbs	0.4 lbs
02/16/2018	8.6 lbs	0.0 lbs	0.0 lbs
02/09/2018	8.6 lbs	0.0 lbs	-0.8 lbs
12/30/2017	9.4 lbs	0.8 lbs	1.0 lbs
...
03/14/2016	8.6 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	59.5%	4.7%	4.6%
02/16/2018	56.3%	0.0%	0.0%
02/09/2018	55.9%	0.0%	-8.5%
12/30/2017	55.5%	9.3%	11.9%
...
03/14/2016	57.1%	baseline	-

Gynoid

Total Body: Gynoid (Lean Mass)
 %Change vs Previous

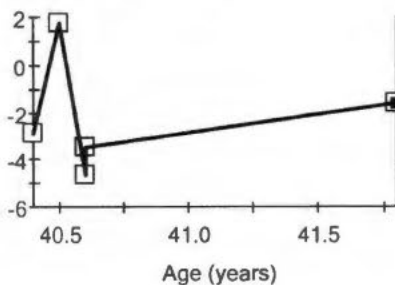


Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	19.8 lbs	0.6 lbs	0.1 lbs
02/16/2018	19.7 lbs	0.5 lbs	0.1 lbs
02/09/2018	19.6 lbs	0.4 lbs	-2.1 lbs
12/30/2017	21.7 lbs	2.5 lbs	1.7 lbs
...
03/14/2016	19.2 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	64.8%	3.1%	0.5%
02/16/2018	62.7%	2.6%	0.5%
02/09/2018	62.5%	2.1%	-9.7%
12/30/2017	62.6%	13.0%	8.5%
...
03/14/2016	65.3%	baseline	-

Total

Total Body: Total (Lean Mass)
 %Change vs Previous



Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
04/13/2019	133.5 lbs	-1.5 lbs	2.4 lbs
02/16/2018	131.1 lbs	-3.9 lbs	1.5 lbs
02/09/2018	129.6 lbs	-5.4 lbs	-8.8 lbs
12/30/2017	138.4 lbs	3.4 lbs	6.1 lbs
...
03/14/2016	135.0 lbs	baseline	-

Measured Date	Region Lean Percent	Change vs. Baseline	Change vs. Previous
04/13/2019	64.8%	-1.1%	1.8%
02/16/2018	62.7%	-2.9%	1.2%
02/09/2018	62.5%	-4.0%	-6.4%
12/30/2017	62.6%	2.5%	4.6%
...
03/14/2016	65.3%	baseline	-

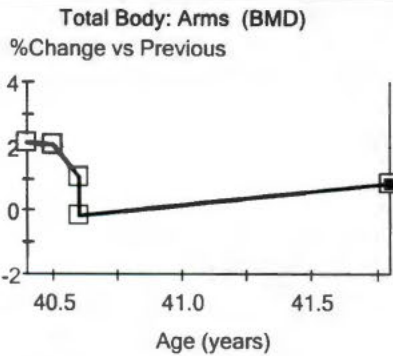


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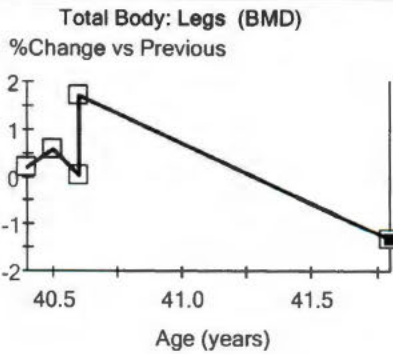
REGIONAL BONE REPORT

Arms



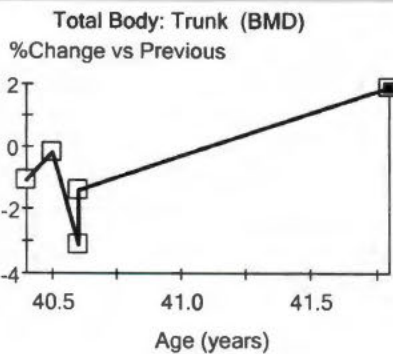
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	0.994 g/cm ²	-20 cm ²	-20 cm ²
02/16/2018	0.984 g/cm ²	0 cm ²	19 cm ²
02/09/2018	0.996 g/cm ²	-19 cm ²	7 cm ²
12/30/2017	1.006 g/cm ²	-26 cm ²	-11 cm ²
...
03/14/2016	0.980 g/cm ²	baseline	-

Legs



Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	1.581 g/cm ²	-28 cm ²	6 cm ²
02/16/2018	1.630 g/cm ²	-34 cm ²	-19 cm ²
02/09/2018	1.603 g/cm ²	-15 cm ²	18 cm ²
12/30/2017	1.612 g/cm ²	-33 cm ²	-17 cm ²
...
03/14/2016	1.594 g/cm ²	baseline	-

Trunk



Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	1.581 g/cm ²	-112 cm ²	-60 cm ²
02/16/2018	1.630 g/cm ²	-52 cm ²	2 cm ²
02/09/2018	1.603 g/cm ²	-54 cm ²	40 cm ²
12/30/2017	1.612 g/cm ²	-94 cm ²	-39 cm ²
...
03/14/2016	1.594 g/cm ²	baseline	-

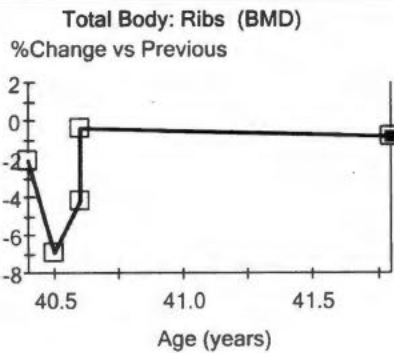


2046 Murray Holladay Road
 Suite 201
 Holladay, Utah 84117
 (801) 274-3392

Client	Sex	Facility	Height	Weight	Measured
Chris Bair	Male	Utah Mobile	73.0 in.	204.0 lbs.	04/13/2019

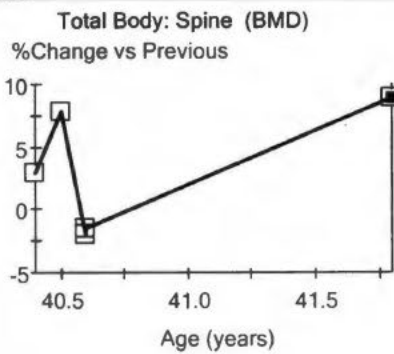
REGIONAL BONE REPORT (Continued)

Ribs



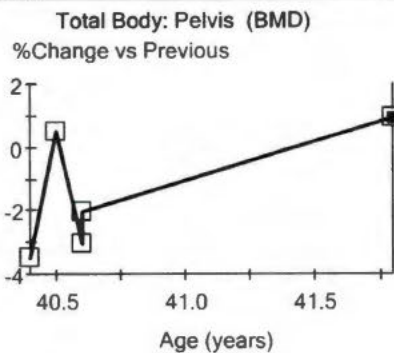
Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	1.145 g/cm ²	-48 cm ²	-9 cm ²
02/16/2018	1.149 g/cm ²	-39 cm ²	-3 cm ²
02/09/2018	1.107 g/cm ²	-36 cm ²	5 cm ²
12/30/2017	1.078 g/cm ²	-41 cm ²	-9 cm ²
...
03/14/2016	1.117 g/cm ²	baseline	-

Spine



Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	1.618 g/cm ²	-31 cm ²	-24 cm ²
02/16/2018	1.465 g/cm ²	-7 cm ²	-1 cm ²
02/09/2018	1.458 g/cm ²	-6 cm ²	17 cm ²
12/30/2017	1.615 g/cm ²	-23 cm ²	-16 cm ²
...
03/14/2016	1.464 g/cm ²	baseline	-

Pelvis



Measured Date	BMD	Change vs. Baseline	Change vs. Previous
04/13/2019	1.219 g/cm ²	-33 cm ²	-27 cm ²
02/16/2018	1.184 g/cm ²	-6 cm ²	6 cm ²
02/09/2018	1.172 g/cm ²	-12 cm ²	18 cm ²
12/30/2017	1.215 g/cm ²	-30 cm ²	-14 cm ²
...
03/14/2016	1.170 g/cm ²	baseline	-

Note: Dexa Body is not a medical facility, nor do we represent the views of any medical practitioner. The data provided in this report is for informational purposes only and is not meant to be used for any type of medical diagnoses. If you have any concerns regarding the data or metrics in this report, please consult with your physician.