



BFI Measure

Check Sheet

ID	NAME	AGE	SEX	Date	Last time

Figure analysis

Date

First

Last time

Height (cm)

Weight (kg)

Waist (cm)

Check Result

Fat (%)

Fat (kg)

Muscle (kg)

Basal Metabolic (kcal)

BMI

The number of calories required to keep you alive while you are motionless after 12 hours of fasting.

Your Fat & BMI (Balance)

Your Fat %..

Your BMI....

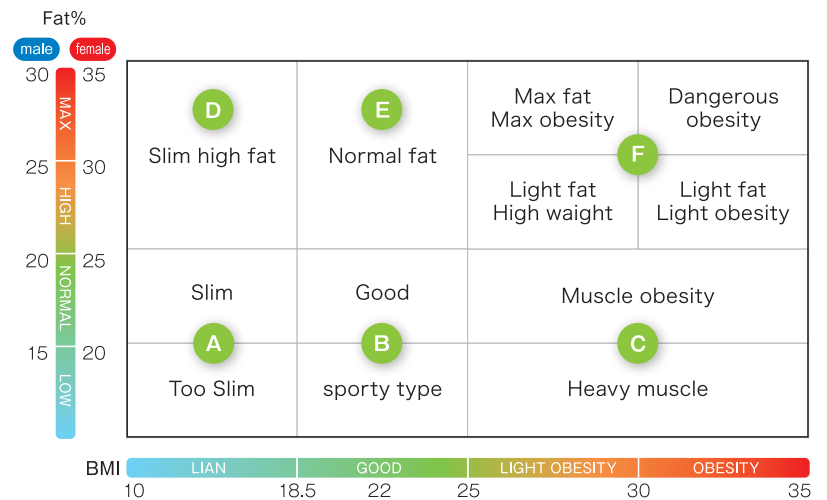
Your Recommended Weight..

Your TYPE...

For Your Advice...

(BMI) is a number calculated from a person's weight and height. (BMI=weight / height (m)²)

FAT% & BMI (Balance Check)



In Fat Level

Out Fat type low normal high In Fat type

The person who is high fat percentage applies In Fat Level.

Simulation

Target Weight (kg)

Target Waist (cm)

Target Back Arm (mm)

Target Front Thigh (mm)

Target BMI

Simulation Fat %

Diet Plan

reduce calorie kcal

day

kcal/date

kcal/date

day

Let's diet to lose 2~3kg per month.

Each part of fat thickness analysis

Fat Thickness

First

Last time

Back Arm (mm)

Abdomen (mm)

Waist (mm)

Front Thigh (mm)

Back Thigh (mm)

BFI (Body Fat Index)

Part of BMI

Back Arm

abdomen

Front Thigh

BFI (BODY FAT INDEX)

Part of BMI

Back Arm

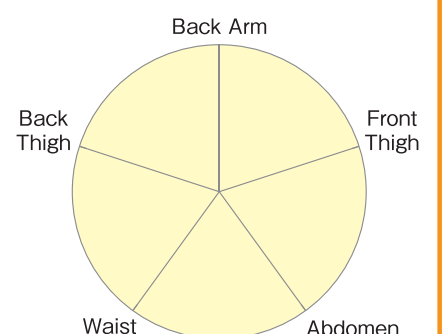
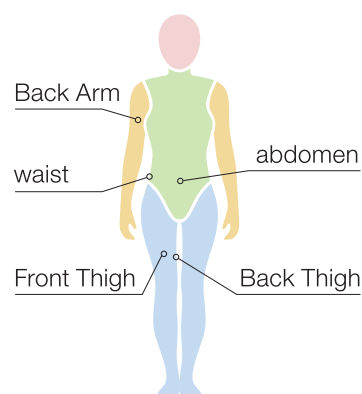
Abdomen

Waist

Front Thigh

Back Thigh

It shows the fat distribution in body. You could see your Body Balance. It compares with the same BMI person.



The Body Fat Index shows part of BMI.

It compares with the same age person.

Result of your Hypodermic Fat type

Are you sporty type or obesity type?

Back Arm

Abdomen

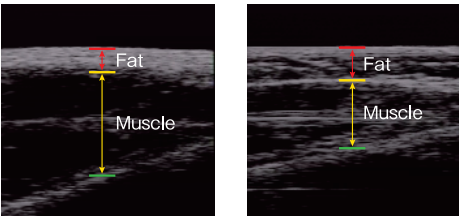
Waist

Front Thigh

Back Thigh

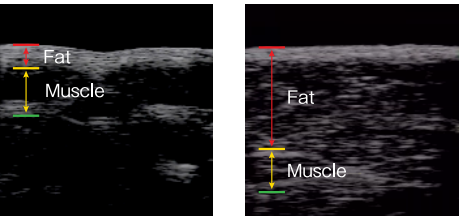
Sample Data

Back Arm



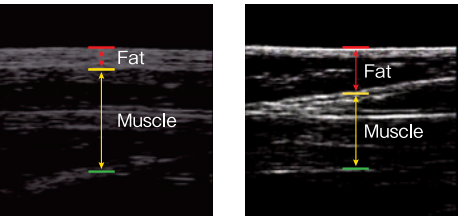
The subcutaneous fat of the sporty type is very comprehensible. Because of the Fat is attached on average and the distinction with the muscle is made clear. It is often seen by the sporty type. As for the obesity type, the subcutaneous fat is thick and the whole is white in spots. It is often seen by the Obesity type.

Abdomen



Seeing like glasses as right and left is stomach muscles. The sporty type's subcutaneous fat is thin, and stomach muscles are clear. This type is cracked the stomach muscles on the abdomen and This is sporty type. The obesity type's glasses(stomach muscles) is seen below. Because of the fat thickness is very thick. This image looks like obesity type. The fat thickness is above the stomach muscles.

Back Thigh



The subcutaneous fat of the sportsman type is very comprehensible. Because of the Fat is attached on average and the distinction with the muscle is made clear. It is often seen by the sporty type. The right side is Hip side and the left side is leg side. The obesity type's fat thickness is thick Hip side more than leg side.

Cellu Fat

Your Cellu Fat

%

Level 1

Level 2

Level 3

Level 4

Fat

Fat

Fat

Fat

Each part of muscle thickness analysis

	First	Last time	Part	Sex	Average	Comment
Back Arm			Back Arm	male female	29mm~ 23mm~	Let's try to exercise of muscle movement. The muscle is very important to keep the healthy young body.Please refer the average of muscle thickness
Front Thigh			Front Thigh	male female	43mm~ 38mm~	

Healthy weight control

It is necessary to control weight well to improve the moderate movement(Exercise) and eating habits. You should do moderate movement(Exercise) and have healthy food. Let's try it now.

For reduction — 100Kcal example

Jogging 21munites	Rope skipping 15 munites
Aerobics 30 munites	tennis 21 munites
Muscular training bathing 13 munites	The breast stroke 12 munites
Personal computer 69 munites	Hiking 40 munites
Cycling reading 35 munites	

Ten articles of Weight Control

1. Please intake regular amount of meals.
2. Do not eat between main meals.
3. Keep balanced diet.
4. Intake more fibres such as seaweeds Vegetable and mushrooms.
5. Eat slowly.
6. Always do moderate exercise walking.
7. No alcohol.
8. Relax and destress.
9. Do not eat two hours before sleeping.
10. Do not eat without chewing.