

# RENPHO



Kristin

Jun 24, 2026 at 7:41:37 AM | Data from Scale



|              |         |
|--------------|---------|
| ■ Body Water | 65.6 lb |
| ■ Protein    | 23.0 lb |
| ■ Body Fat   | 27.0 lb |
| ■ Bone Mass  | 5.8 lb  |



Weight

Average

122.6 lb



BMI

Average

20.4



Body Fat

Fitness

27.0 lb, 22.0 %



Skeletal Muscle

Average

55.8 lb, 45.5 %



Fat-Free Mass

95.8 lb



Subcutaneous Fat

Average

20.6 %



Visceral Fat

Excellent

3



Body Water

Average

65.6 lb, 53.5 %



Muscle Mass

Average

90.0 lb, 73.3 %



Bone Mass

High

5.8 lb, 4.7 %



Protein

High

23.0 lb, 18.7 %



BMR

Average

1313 kcal



Metabolic Age

Excellent

39

## Data from RENPHO Scale

Disclaimer: The information provided by the app is for reference purposes only and should not be considered a substitute for professional healthcare services.