



Progress Report

DASHBOARD

EXAMPLE STYKU

Scan History

Recap of your scans	
# of Scans to date	3
Before/After	51 days
Net Loss/Gain	Lost 18.9 in (-6.2%)

Circumference Summary

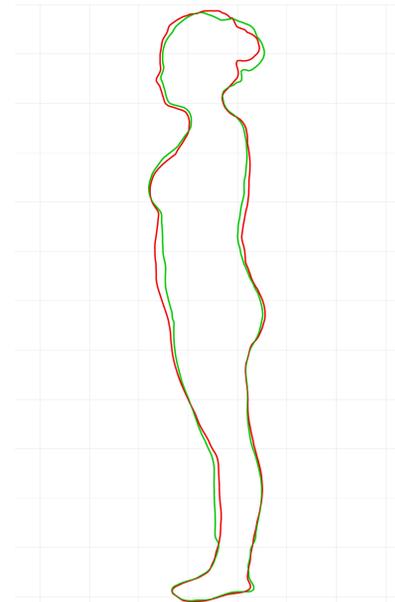
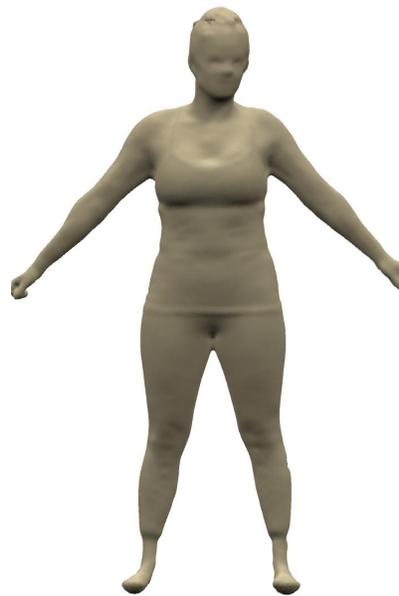
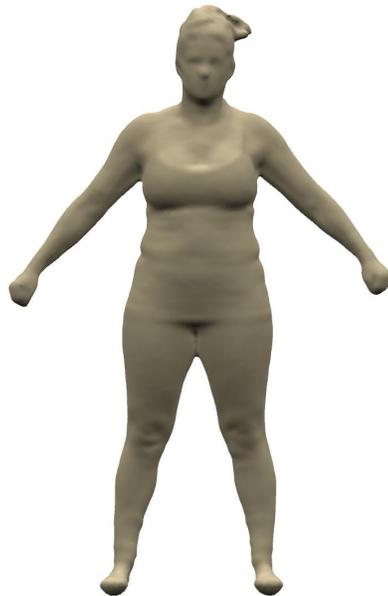
These are the biggest areas of change	
Torso	Lost 14.5 in (-6.8%)
Neck & Arms	Lost 1.2 in (-3.9%)
Legs	Lost 3.1 in (-5.4%)

Composition Summary

Your body composition progress	
Total Weight	Lost 2.0 lbs (-1.4%)
Body Fat %	Lost 6.3% (-16.5%)
Lean Mass %	Gained 6.1% (10.3%)

First Scan
4:58 Oct 1, 2015

Last Scan
8:50 Nov 21, 2015





Progress Report

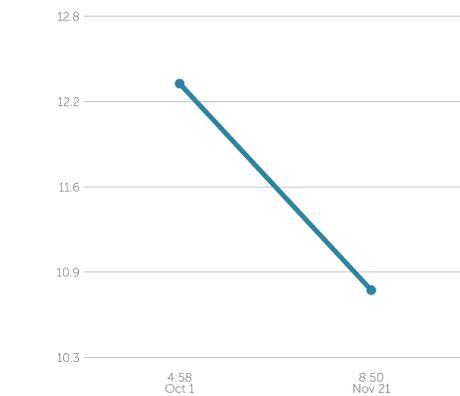
CIRCUMFERENCES - MEASUREMENTS

EXAMPLE STYKU

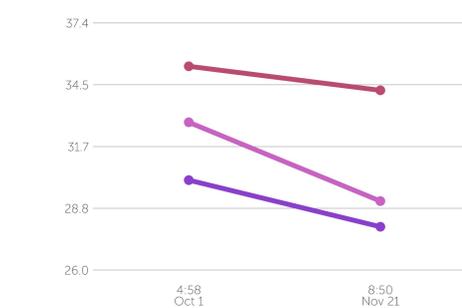
Circumference (Torso Only)	Net	%
Total Circumference	-14.5 inches	6.8% Loss



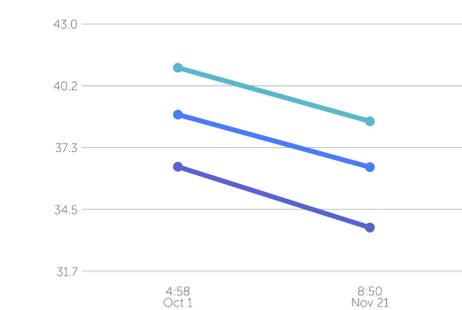
Volume (Torso Only)	Net	%
Total Volume	-1.5 gal	12.5% Loss



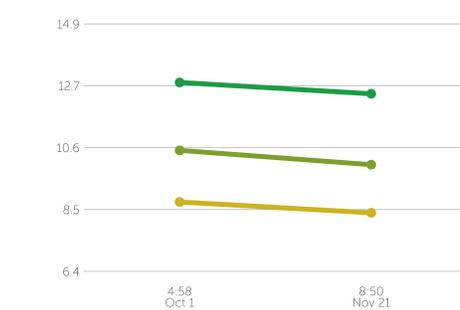
Upper Torso	Net	%
Chest	-1.1 inches	3.1% Loss
Waist (Narrowest)	-2.2 inches	7.2% Loss
Waist (Abdominal)	-3.6 inches	11.1% Loss



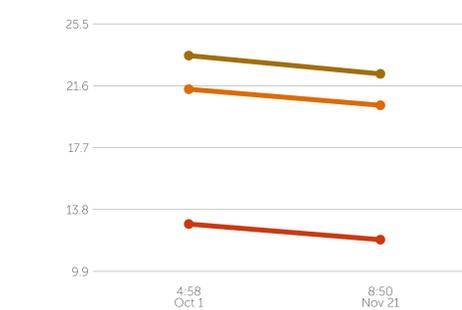
Lower Torso	Net	%
Waist (Lower)	-2.8 inches	7.6% Loss
High Hip	-2.4 inches	6.2% Loss
Hip	-2.4 inches	6.0% Loss



Neck & Arms	Net	% Change
Neck	-0.4 inches	3.0% Loss
Bicep	-0.5 inches	4.6% Loss
Forearm	-0.4 inches	4.2% Loss



Legs	Net	% Change
Thigh	-1.2 inches	4.9% Loss
Mid-Thigh	-1.0 inches	4.7% Loss
Calf	-1.0 inches	7.6% Loss



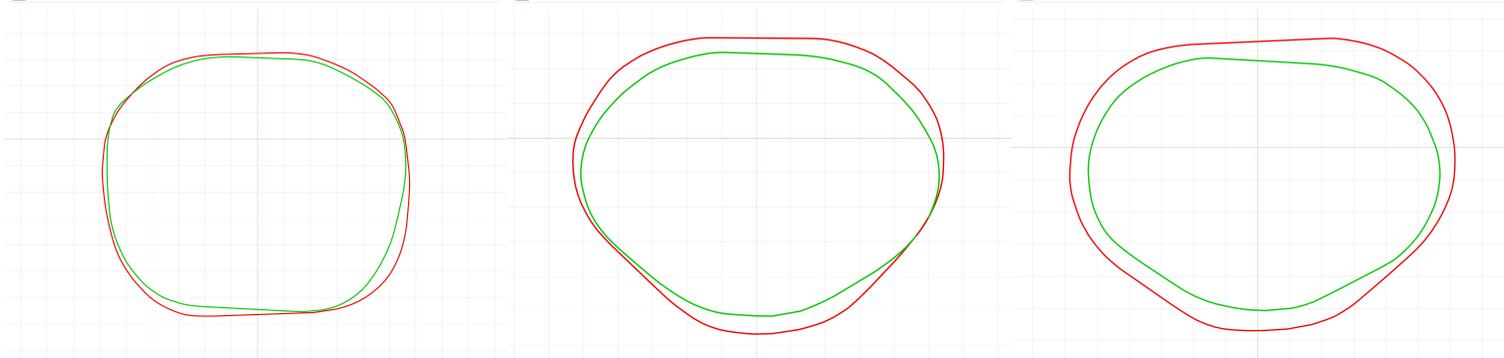


Progress Report

CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE STYKU

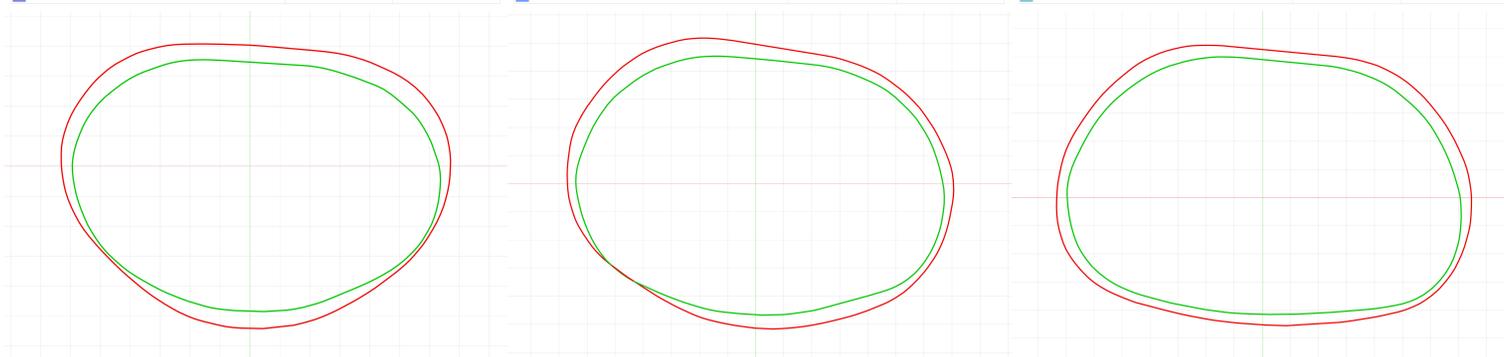
Chest	Net	%	Waist (Narrowest)	Net	%	Waist (Abdominal)	Net	%
Chest	-1.1 inches	3.1% Loss	Waist (Narrowest)	-2.2 inches	7.2% Loss	Waist (Abdominal)	-3.6 inches	11.1% Loss



First Scan
4:58 Oct 1, 2015

Last Scan
8:50 Nov 21, 2015

Waist (Lower)	Net	%	High Hip	Net	%	Hip	Net	%
Waist (Lower)	-2.8 inches	7.6% Loss	High Hip	-2.4 inches	6.2% Loss	Hip	-2.4 inches	6.0% Loss





Progress Report

BODY COMPOSITION - FAT AND LEAN MASS

EXAMPLE STYKU

Total Weight

Net %

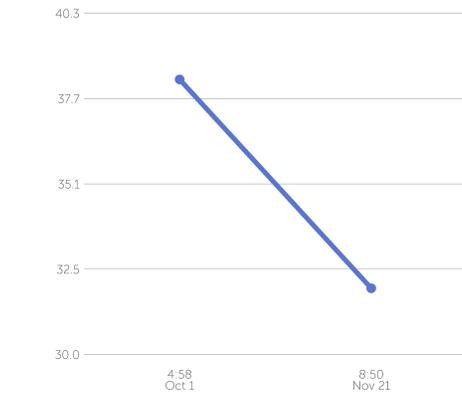
Total Weight	-2.0 lbs	1.4% Loss
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Body Fat %

Net %

Body Fat %	-6.3 %	16.5% Loss
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Fat Mass

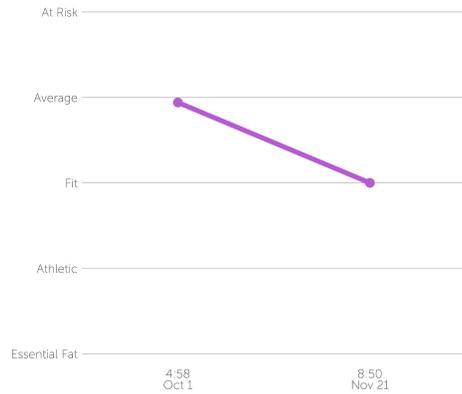
Net %

Fat Mass	-9.5 lbs	17.7% Loss
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Body Fat Ranking

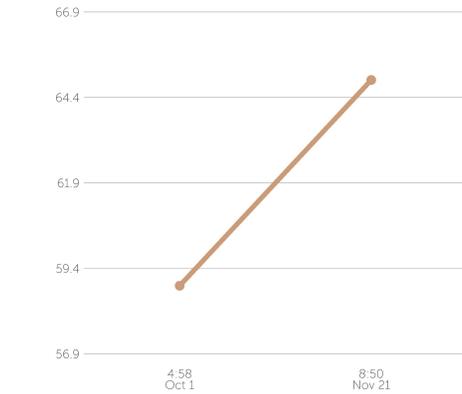
Body Fat Ranking



Lean Mass %

Net %

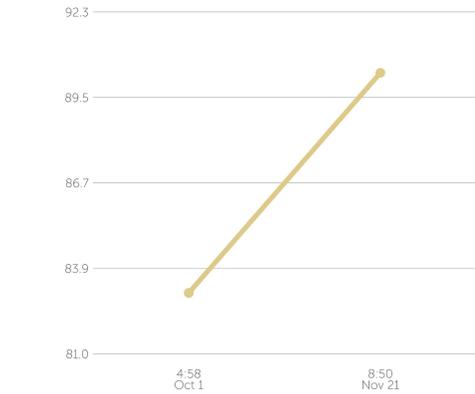
Lean Mass %	6.1 %	10.3% Gain
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Lean Mass

Net %

Lean Mass	7.2 lbs	8.7% Gain
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Progress Report

BODY COMPOSITION - MINERAL CONTENT

EXAMPLE STYKU



LEGEND

Bone Mass %
Bone Mass % is the percentage of bone mineral as compared to your total body weight. On average, adults have a bone mineral content of 3-5% of their total body weight. As you age, this can decrease and bone loss can occur, which can be detrimental to your health.

Bone Mass
Bone Mass is the amount of bone mineral in your body.



Progress Report

BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

EXAMPLE STYKU

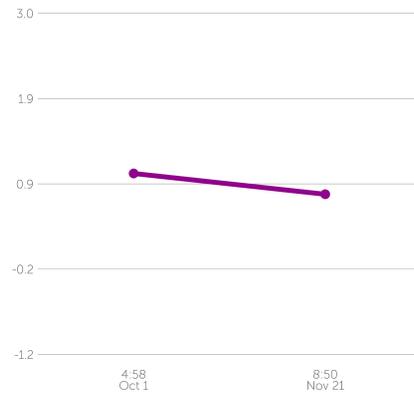
Subcutaneous Fat

	Net	%
Subcutaneous Fat	-0.8 lbs	22.3% Loss



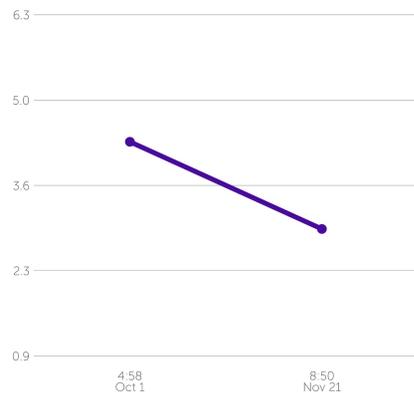
Visceral Fat

	Net	%
Visceral Fat	-0.3 lbs	25.6% Loss



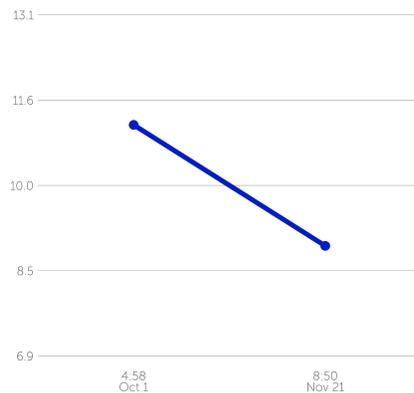
Android Fat Mass

	Net	%
Android Fat Mass	-1.4 lbs	31.8% Loss



Gynoid Fat Mass

	Net	%
Gynoid Fat Mass	-2.2 lbs	19.8% Loss



LEGEND

Subcutaneous Fat

Android SAT Fat Mass is the amount of Subcutaneous Adipose Tissue (SAT) in your abdomen or belly. SAT is the fat carried just under your skin. Most of the fat in your body is SAT, and this type of fat has the biggest impact on your body's size and shape.

Visceral Fat

Android VAT Fat Mass is the amount of Visceral Adipose Tissue (VAT) in your abdomen or belly. VAT is the fat surrounding your internal organs, including your heart, liver and lungs. While some VAT is necessary, a high amount is associated with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

Android Fat Mass

Android Fat Mass refers to fat stored around the upper body, in the belly and waist. This region is where men typically carry the most fat.

Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.



Progress Report

3D SCANS

EXAMPLE STYKU

4:58 Oct 1, 2015

4:21 Oct 20, 2015

8:50 Nov 21, 2015

