

**Comparison of DEXA Body Scan Results  
October 23, 2013 to July 31, 2014**

Measurements (inches)	10/22/13	4/11/14	7/31/14	Δ 10/13 to 7/14
Neck:	15.5	15.38	15.25	-0.25
Shoulder:	47.25	49.25	49.5	2.25
Chest:	40.50	40.75	40.50	0
Waist:	34.00	31.75	31.75	-2.25
Hips:	36	35.88	35.5	-0.5
Thigh:	21.50	21.00	20.50	-1
Calf:	15.00	15.25	15.00	0
Bicep:	14.25	14.00	14.00	-0.25
Forearm:	11.00	11.13	11.00	0
Adonis Index:	1.38	1.53	1.56	0.179

DEXA Results in Metric																											
Region	10/23/2013							4/10/2014							7/31/2014							Chg from 10/23/13 to 07/31/14					
	Tissue %fat	Region %fat	Tissue (g)	Fat (g)	Lean (g)	BMC (g)	Total mass (kg)	Tissue %fat	Region %fat	Tissue (g)	Fat (g)	Lean (g)	BMC (g)	Total mass (kg)	Tissue %fat	Region %fat	Tissue (g)	Fat (g)	Lean (g)	BMC (lbs)	Total mass (kg)	Δ Tissue (g)	Δ Fat (g)	Δ Lean (g)	Δ BMC (g)		
left arm	18.6	17.6	4561	850	3711	272	4.8	7	6.6	4,349	305	4,044	263	4.6	6.3	5.9	4,369	275	4,094	271	4.6	(192)	(575)	383	(1)		
Left Leg	16.5	15.5	11654	1925	9729	753	12.4	9.1	8.6	11,324	1,036	10,289	744	12.1	7.9	7.4	10,874	863	10,011	743	11.6	(780)	(1062)	282	(10)		
Left Trunk	20.7	20.0	18202	3760	14443	624	18.8	9.1	8.7	17,080	1,549	15,531	660	17.7	9.7	9.3	17,000	1,641	15,360	623	17.6	(1202)	(2119)	917	(1)		
Left Total	18.5	17.6	36519	6764	29755	1914	38.4	8.8	8.3	34,488	3,019	31,469	1,889	36.4	8.5	8.1	34,377	2,936	31,441	1,909	36.3	(2142)	(3828)	1686	(5)		
Right Arm	18.7	17.6	4712	879	3833	276	5.0	7	6.6	4,413	310	4,103	274	4.7	6.3	5.9	4,443	280	4,163	267	4.7	(269)	(599)	330	(9)		
Right Leg	16.5	15.6	12618	2082	10535	766	13.4	9.1	8.6	11,634	1,064	10,570	747	12.4	7.9	7.5	11,770	934	10,835	756	12.5	(848)	(1148)	300	(10)		
Right Trunk	20.6	19.9	16339	3367	12971	568	16.9	9.1	8.7	14,952	1,355	13,597	546	15.5	9.6	9.3	14,610	1,406	13,204	572	15.2	(1729)	(1961)	233	4		
Right Total	18.2	17.3	36329	6616	29712	1967	38.3	8.7	8.2	33,878	2,943	30,935	1,949	35.8	8.4	8.0	33,306	2,802	30,505	1,924	35.2	(3023)	(3814)	793	(43)		
Arms	18.6	17.6	9274	1729	7544	549	9.8	7	6.6	8,762	615	8,147	536	9.3	6.3	5.9	8,813	556	8,257	538	9.4	(461)	(1173)	713	(11)		
Legs	16.5	15.5	24272	4008	20264	1519	25.8	9.1	8.6	22,959	2,100	20,859	1,492	24.5	7.9	7.4	22,644	1,797	20,846	1,499	24.1	(1628)	(2211)	582	(20)		
Trunk	20.6	19.9	34541	7127	27414	1192	35.7	9.1	8.7	32,032	2,904	29,128	1,206	33.2	9.6	9.3	31,610	3,046	28,564	1,195	32.8	(2931)	(4081)	1150	3		
Android	21.6	21.2	4892	1056	3835	89	5.0	7.2	7.0	4,590	328	4,262	99	4.7	8.3	8.1	4,476	370	4,106	106	4.6	(416)	(686)	271	17		
Gynoid	23.1	22.2	9934	2290	7644	383	10.3	14	13.4	9,387	1,315	8,072	400	9.8	12.7	12.2	9,416	1,199	8,217	387	9.8	(518)	(1091)	573	4		
Total	18.4	17.4	72848	13381	59467	3881	76.7	8.7	8.3	68,366	5,962	62,404	3,838	72.2	8.5	8.0	67,683	5,737	61,945	3,833	71.5	(5165)	(7644)	2478	(48)		
Total Fat (kg)=	13.4	Total LBM (tissue + bone in kg) = 63.3						Total Fat (kg)=	6.0	Total LBM (tissue + bone) = 66.2						Total Fat (kg)=	5.7	Total LBM (tissue + bone) = 65.8									
% BF minus bone =	18.4%	% BF plus bone = 17.4%						% BF minus bone =	8.7%	% BF plus bone = 8.3%						% BF minus bone =	8.5%	% BF plus bone = 8.0%									

DEXA Results in Pounds																											
Region	10/23/2013							4/10/2014							7/31/2014							Chg from 10/23/13 to 07/31/14					
	Tissue %fat	Region %fat	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total mass	Tissue %fat	Region %fat	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total mass	Tissue %fat	Region %fat	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Total mass	Δ Tissue (#)	Δ Fat (#)	Δ Lean (#)	Δ BMC (#)		
left arm	18.6	17.6	10.06	1.87	8.18	0.60	10.70	7	6.6	9.59	0.67	8.91	0.58	10.20	6.3	5.9	9.63	0.61	9.03	0.60	10.20	(0.4)	(1.3)	0.9	0.0		
Left Leg	16.5	15.5	25.69	4.24	21.45	1.66	27.40	9.1	8.6	24.97	2.28	22.68	1.64	26.60	7.9	7.4	23.97	1.90	22.07	1.64	25.60	(1.7)	(2.3)	0.6	(0.0)		
Left Trunk	20.7	20.0	40.13	8.29	31.84	1.37	41.50	9.1	8.7	37.66	3.41	34.24	1.45	39.10	9.7	9.3	37.48	3.62	33.86	1.37	38.90	(2.7)	(4.7)	2.0	0.0		
Left Total	18.5	17.6	80.51	14.91	65.60	4.22	84.70	8.8	8.3	76.03	6.66	69.38	4.16	80.20	8.5	8.1	75.79	6.47	69.32	4.21	80.00	(4.7)	(8.4)	3.7	(0.0)		
Right Arm	18.7	17.6	10.39	1.94	8.45	0.61	11.00	7	6.6	9.73	0.68	9.05	0.60	10.30	6.3	5.9	9.80	0.62	9.18	0.59	10.40	(0.6)	(1.3)	0.7	(0.0)		
Right Leg	16.5	15.6	27.82	4.59	23.23	1.69	29.50	9.1	8.6	25.65	2.35	23.30	1.65	27.30	7.9	7.5	25.95	2.06	23.89	1.67	27.60	(1.9)	(2.5)	0.7	(0.0)		
Right Trunk	20.6	19.9	36.02	7.42	28.60	1.25	37.30	9.1	8.7	32.96	2.99	29.98	1.20	34.20	9.6	9.3	32.21	3.10	29.11	1.26	33.50	(3.8)	(4.3)	0.5	0.0		
Right Total	18.2	17.3	80.09	14.59	65.50	4.34	84.40	8.7	8.2	74.69	6.49	68.20	4.30	79.00	8.4	8.0	73.43	6.18	67.25	4.24	77.70	(6.7)	(8.4)	1.8	(0.1)		
Arms	18.6	17.6	20.44	3.81	16.63	1.21	21.70	7	6.6	19.32	1.36	17.96	1.18	20.50	6.3	5.9	19.43	1.22	18.20	1.19	20.60	(1.0)	(2.6)	1.6	(0.0)		
Legs	16.5	15.5	53.51	8.84	44.67	3.35	56.90	9.1	8.6	50.62	4.63	45.99	3.29	53.90	7.9	7.4	49.92	3.96	45.96	3.30	53.20	(3.6)	(4.9)	1.3	(0.1)		
Trunk	20.6	19.9	76.15	15.00	60.44	2.63	78.80	9.1	8.7	70.62	6.40	64.22	2.66	73.30	9.6	9.3	69.69	6.72	62.97	2.63	72.30	(6.5)	(8.3)	2.5	0.0		
Android	21.6	21.2	10.78	15.71	8.46	0.20	11.00	7.2	7.0	10.12	0.72	9.40	0.22	10.30	8.3	8.1	9.87	0.81	9.05	0.23	10.10	(0.9)	(14.9)	0.6	0.0		
Gynoid	23.1	22.2	21.90	2.33	16.85	0.85	22.70	14	13.4	20.70	2.90	17.80	0.88	22.70	12.7	12.2	20.76	2.64	18.12	0.85	21.60	(1.1)	0.3	1.3	0.0		
Total	18.4	17.4	160.60	29.50	131.10	8.56	169.20	8.7	8.3	150.72	13.14	137.58	8.46	159.18	8.5	8.0	149.21	12.65	136.57	8.45	157.70	(11.4)	(16.9)	5.5	(0.1)		
Total fat =	29.5	Total LBM (tissue + bone) = 139.66						Total fat =	13.1	Total LBM (tissue + bone) = 146.04						Total fat =	12.7	Total LBM (tissue + bone) = 145.02									
% BF minus bone =	18.4%	% BF plus bone = 17.4%						% BF minus bone =	8.7%	% BF plus bone = 8.3%						% BF minus bone =	8.5%	% BF plus bone = 8.0%									