

BODY COMPOSITION SCANS

BY EVOLT 360



YOUR EVOLT 360 BODY SCAN

DATE: 10-04-2019 09:21 NAME: [REDACTED] EVOLTACTIONE DOWNLOAD THE EVOLT ACTIVE APP
HEIGHT: 164 cm WEIGHT: 63.3 kg AGE: 46 GENDER: Female

YOUR BODY COMPOSITION

1. LEAN BODY MASS ^{kg} _{46.5 / Optimal [43.4 - 47.6]}	8. BODY FAT MASS ^{kg} _{16.8 / Optimal [15.8 - 17.8]}	11. VISCERAL FAT LEVEL _{6 / Balanced}	16. BIO AGE <div>44</div>
2. SKELETAL MUSCLE MASS ^{kg} _{25.7 / Optimal [22.2 - 27.1]}	3. SUBCUTANEOUS FAT MASS ^{kg} _{15.2 [24.0%]}	12. INTRACELLULAR FLUID (ICF) ^{kg} _{21.9 / High [19.9 - 21.8]}	
3. PROTEIN ^{kg} _{9.4 / Optimal [7.6 - 9.6]}	4. VISCERAL FAT MASS ^{kg} _{1.6 [2.5%]}	13. EXTRACELLULAR FLUID (ECF) ^{kg} _{11.6 / Under [11.7 - 13.8]}	17. BMI SCORE <div>7.4</div>
4. MINERAL ^{kg} _{3.6 / Optimal [3 - 3.8]}	5. VISCERAL FAT AREA ^{cm²} _{43 / Optimal [40 - 80]}	14. BMR ^{kcal} _{1374 kcal}	
6. TOTAL BODY WATER ^{kg} _{33.5 / Optimal [30.2 - 34.8]}	7. TOTAL BODY FAT PERCENTAGE _{26.5% / Optimal [20 - 30]}	15. TEE ^{kcal} _{2115 kcal}	

18. SEGMENTAL ANALYSIS

UPPER	LOWER	BODY BALANCE	LEFT	RIGHT
<input checked="" type="checkbox"/> BALANCED	<input checked="" type="checkbox"/> BALANCED	<input checked="" type="checkbox"/> BALANCED	<input checked="" type="checkbox"/> BALANCED	<input checked="" type="checkbox"/> BALANCED
<input type="checkbox"/> UNBALANCED	<input type="checkbox"/> UNBALANCED	<input type="checkbox"/> UNBALANCED	<input type="checkbox"/> UNBALANCED	<input type="checkbox"/> UNBALANCED

LEARN MASS ^{kg} _{2.28 / Optimal}	FAT MASS ^{kg} _{0.95 / Optimal}	LEFT ARM	RIGHT ARM	LEARN MASS ^{kg} _{2.3 / Optimal}	FAT MASS ^{kg} _{0.93 / Optimal}
LEARN MASS ^{kg} _{18.98 / Optimal}	FAT MASS ^{kg} _{9.04 / High}	TORSO	19. ABDOMINAL CIRCUMFERENCE _{75.7 cm}	20. WAIST TO HIP RATIO _{0.8 / Optimal}	
LEARN MASS ^{kg} _{6.89 / Optimal}	FAT MASS ^{kg} _{2.95 / Optimal}	LEFT LEG	RIGHT LEG	LEARN MASS ^{kg} _{6.71 / Optimal}	FAT MASS ^{kg} _{2.93 / Optimal}

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

21. CALORIES _{1774 - 1874}	22. PROTEIN _{133g - 141g}	23. CARBOHYDRATES _{155g - 164g}	24. FAT _{69g - 73g}
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YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS:

- ☒ FAT LOSS
- ☐ MUSCLE GAIN
- ☐ OPTIMAL HEALTH

Acetyl L-Carnitine
Protein Isolates (Whey or Plant)
Fat Burning Thermogenic Powders
Branch Chain Amino Acids (BCAAs)
L-Glutamine
Lean protein bar snacks
Greens Powder
Multi-Vitamin

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

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ABOUT YOUR BODY

TRACK WITH THE EVOLT ACTIVE APP



VIEW
UNLIMITED
BODY SCANS



MACRONUTRIENT
AND CALORIE
RECOMMENDATIONS



SUPPLEMENT
AND VITAMIN
PROFILING



MEASURE AND TRACK
YOUR PROGRESS WITH
INTUITIVE GRAPHS

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