10. Explanation of The Print Out

Sample

<table>
<thead>
<tr>
<th>TANITA</th>
</tr>
</thead>
<tbody>
<tr>
<td>BODY COMPOSITION</td>
</tr>
<tr>
<td>ANALYZER</td>
</tr>
<tr>
<td>TBF-300A</td>
</tr>
</tbody>
</table>

- **BMI**: Body Mass Index is a height to weight ratio, and is calculated by the following formula:
  \[
  \text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (cm)}^2} 
  \]
- **Desirable Range**: 18.5 - 24.9

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**Fat Mass**: Total weight of fat mass (in kg, lb) in the body.

**Predicted fat mass**: Calculated fat mass for the given Target BF%.

**FAT TO LOSE**: Fat mass to lose or gain to achieve the Predicted Weight.

**Predicted weight**: Calculated weight for the given Target BF%.

**Fat Mass**: Total fat mass (in kg, lb) in the body.

**Predicted weight**: Calculated weight for the given Target BF%.

**Fat Mass**: Total fat mass (in kg, lb) in the body.

**Predicted weight**: Calculated weight for the given Target BF%.

**BMI**: Body Mass Index is a height to weight ratio, and is calculated by the following formula:

\[
\text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (cm)}^2} 
\]

**BMI**: Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation.

**FAT TO LOSE/GAIN**: Calculated fat mass to lose or gain to achieve the Predicted Weight.

**Predicted weight**: Calculated weight for the given Target BF%.

**BMI**: Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation.

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**BMI**: Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation.

**Fat Mass**: Total fat mass (in kg, lb) in the body.

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**Prevent weight management**: This section automatically calculates the Minimum Wrestling Weight (MW) using the methodology adopted in the 1998 NCAA Weight Management Guidelines (see P.23, 29) (TBF-300A ONLY)

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**NOTE**: Please refer to Technical Notes booklet for further explanation.

⚠️ Please consult your physician before beginning any weight management program. Tanita is not responsible for determining Target BF%.