Weight Record

Scales used:

Date	Weight	BMI	Body Fat	Visceral Fat	Subcutaneous Fat	Fat-free body weight	Body Water	Skeletal Muscle	Muscle Mass	Bone Mass	Protein	BMR
07/10/19	*85.80 kg*	*26.2*	*25.8%*	*9*	*22.9%*	*63.71 kg*	*53.6%*	*48.0%*	*60.48 kg*	*3.19 kg*	*16.9%*	*1745 kcal*