

BODY COMPOSITION AND BMI • LAST 12 MONTHS

83.1 kg • BMI 26.2

77% of the 4.1 kg you lost over 12 months came off as fat. That ratio is the number worth defending — not the scale reading. Latest weigh-in 17 Sep 2026.

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

NowHeight 178 cm

Weight

83.1 kg

on 17 Sep

BMI

26.2

WHO band: overweight

Body fat

21.6 %

from your scale

Fat mass

17.9 kg

weight × body fat

Lean mass

65.2 kg

from your scale

FFMI

20.6

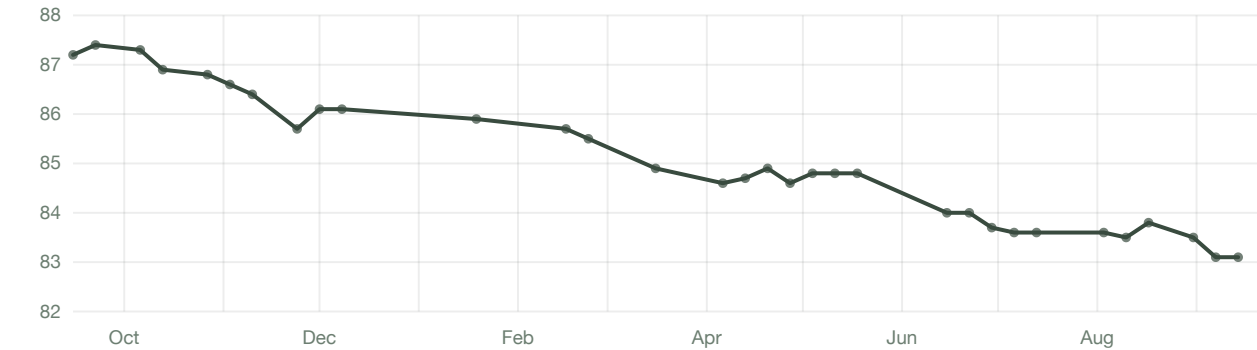
lean mass ÷ height²

Weigh-ins

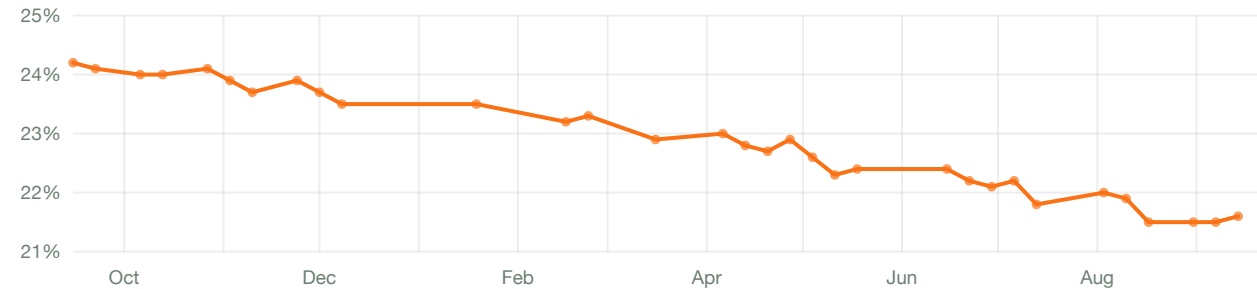
53

in 12 months

Weight−0.7 kg over 4 weeks • −0.9 kg over 12 weeks • −4.1 kg over 52 weeks



Body fatfat −3.2 kg • lean −0.9 kg over 12 months



BMI on the WHO adult bandsYour BMI 26.2



BMI is weight ÷ height². It is a population screening tool, not a personal verdict: it cannot tell muscle from fat, and the same number means different things for different bodies. The measures below add what BMI can't see.

BODY COMPOSITION AND BMI (CONTINUED)

Beyond BMI

General reference bands

MEASURE	VALUE	BAND	WHAT IT MEANS
Body fat	21.6 %	Healthy	Healthy range at 41 is up to 23%. You are inside it.
Fat-free mass index	20.6 FFMI	Above average	Muscle relative to height. This is the part of your weight BMI counts against you.

How to read this

- Weekly averages smooth out day-to-day water swings of 1–2 kg.
- Fat and lean mass come from a smart scale when you have one. Without one, Metrya cannot split a weight change into fat and muscle, and says so.
- Bands are general adult references (WHO for BMI; published ranges for the rest), not a judgement about you.