

## Your personal data sheet

Name	Gender	Measuring date
Max Mustermann	Man	22.06.2020
Parameter	Value	Check for plausibility
Age (years)	32,0	ok
Body height (cm)	188,0	ok
Body weight (kg)	101,0	ok
Hand circumference (cm)	22,0	ok
Waist or belly circumference (cm)	102,0	ok
Body analysis	Value	Comment
Bone structure	m	You have a medium bone structure.
Waist / height (cm / cm)	0,54	According to M. Ashwell (see lit. : 1, modified) your value should be between 0.45 and 0.50. You are slightly overweight.
Reference weight (kg)	78,1	This value refers to a reference collective and is independent of age (see Lit.:2).
Differential weight (kg)	22,9	Your overweight is differentiated in muscle and fat as follows:
Musculature (kg)	11,1	This value designates the additional muscle build-up, based on your individual reference weight
Fat (kg)	11,9	This value indicates the additional fat content based on your individual reference weight
Fat percentage (%)	23,7	Your value is above the reference range of 18 %. With a little sport you can correct that well.
Target weight (kg)	89,2	You have not yet reached your target weight, but you are close to it.

### Literature

- 1) Ashwell M. Charts based on Body Mass Index and Waist-to-Height Ratio to answer the health risks of obesity: A review. The Open Obesity J. 2011; 3: 78-84.
- 2) Dahlmann N, et al. A simple method for determining the ideal weight. Z Morph Anthropol. 1977; 68: 265-74.

This data sheet was created on the website [www.dahlmann-body-analysis.de](http://www.dahlmann-body-analysis.de).  
<https://www.dahlmann-body-analysis.de/impressum>  
<https://www.dahlmann-body-analysis.de/datenschutz>