

<b>Your personal data sheet</b>		
<b>Name</b>	<b>Gender</b>	<b>Measuring date</b>
Max Mustermann	Man	22.06.2020
<b>Parameter</b>	<b>Value</b>	<b>Check for plausibility</b>
Age (years)	<b>32,0</b>	ok
Body height (cm)	<b>188,0</b>	ok
Body weight (kg)	<b>101,0</b>	ok
Hand circumference (cm)	<b>22,0</b>	ok
Waist or belly circumference (cm)	<b>102,0</b>	ok
<b>Body analysis</b>	<b>Value</b>	<b>Comment</b>
Bone structure	<b>m</b>	You have a medium bone structure.
Waist / height (cm / cm)	<b>0,54</b>	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)	<b>78,1</b>	This value refers to a reference collective and is independent of age (see Lit.:2).
Differential weight (kg)	<b>22,9</b>	Your overweight is differentiated in muscle and fat as follows:
Musculature (kg)	<b>11,1</b>	This value designates the additional muscle build-up, based on your individual reference weight
Fat (kg)	<b>11,9</b>	This value indicates the additional fat content based on your individual reference weight
Fat percentage (%)	<b>23,7</b>	Your value is above the reference range of 18 %. With a little sport you can correct that well.
<b>Target weight (kg)</b>	<b>89,2</b>	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 Anthrop. 1977; 68: 265-74.

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