



Personal Biography

	Date			
Data				
Waist				
Hips				
Thigh				
Calf				
Chest				
Upper arm				
Forearm				
Wrist				
Body Fat %				
Tanita BF%				
Weight				
Lean Body Mass				
Body Fat				
Resting Heart Rate				
Blood Pressure				
Pace				
Age				
Height				

% Body Fat estimating

Women 30 and younger: $\text{hips} + (.80 \times \text{thigh}) - (2 \times \text{calf}) - \text{wrist}$

Women over thirty: $\text{hips} + \text{thigh} - (2 \times \text{calf}) - \text{wrist}$

Men 30 and younger: $\text{waist} + (1/2 \text{ hips}) - (3 \times \text{forearm}) - \text{wrist}$

Men over 30: $\text{waist} + (1/2 \text{ hips}) - (2.7 \times \text{forearm}) - \text{wrist}$