Jane Doe

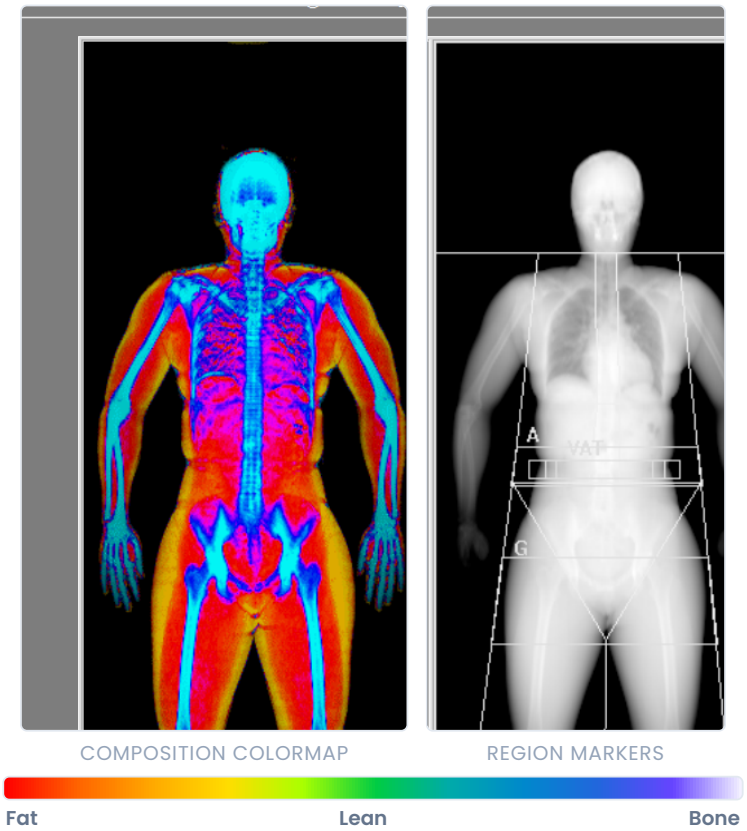
DOB: March 15, 1976 Age: 49 Sex: Female

February 26, 2026
Height: 64.8 in | Weight: 140.7 lbs
BMI: 23.6

Overview

Your key body composition numbers at a glance, measured directly by DEXA — the clinical gold standard.

BODY FAT	LEAN MASS	FAT MASS	BONE DENSITY
38.2%	**86.3 lbs**	**53.4 lbs**	**Normal**
Elevated	61.8% lean	Total adipose	Z-score: —



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Where You Stand

How your metrics compare to reference populations of the same sex.

METRIC	YOUNG ADULTS (20–39)	YOUR AGE GROUP	ALL ADULTS
Body Fat % (38.2%)	~40th percentile	~60th percentile	~55th percentile
Lean Mass Index (14.47)	~31st percentile	~31st percentile	~31st percentile
Visceral Fat (102.5 cm²)	~31st percentile	~63rd percentile	~51st percentile
Muscle (ALMI) (5.85)	~14th percentile	~20th percentile	~20th percentile

How to read: Higher percentile = better. If your score is 75, you rank better than 75% of that group. For body fat and visceral fat, this means you carry less than most; for lean mass and muscle, it means you carry more.

Reference: NHANES DXA data, sex- and age-stratified (Shepherd et al. 2017; Hirsch et al. 2019; Kelly et al. 2009).

Visceral Fat Assessment

Visceral fat is stored deep inside your abdomen around your organs. Unlike fat under the skin, visceral fat is metabolically active and is the single most important fat-related risk factor for heart disease, type 2 diabetes, and metabolic syndrome.

VAT AREA

102.5 cm²

Moderate

VAT MASS

1.09 lbs

This is the actual weight of fat surrounding your internal organs.

ANDROID / GYNOID RATIO

0.75

Favorable

ESTIMATED WAIST CIRCUMFERENCE

37.7 in (95.8 cm)

Waist circumference is an independent predictor of metabolic syndrome risk.

Visceral Fat Risk Scale

0 cm² Healthy <100 Elevated 100–160 High >160

FAT MASS INDEX (FMI)

8.94 kg/m²

~33rd percentile

TRUNK / LIMB FAT RATIO

0.63

Higher trunk fat = greater metabolic risk

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Lean Mass & Muscle Health

Lean mass includes your muscles, organs, and water — everything that is not fat. Higher lean mass means a stronger metabolism, better blood sugar control, and greater resilience as you age.

LEAN MASS INDEX (LMI)

14.47 kg/m²

~25th percentile

APPENDICULAR LMI (ALMI)

5.85 kg/m²

Normal

LEAN : FAT RATIO

1.62

For every pound of fat, you carry 1.62 pounds of lean tissue. Higher is better.

Appendicular Lean Mass Index (ALMI) below 5.45 kg/m² (women) or 7.26 kg/m² (men) flags potential sarcopenia risk per Baumgartner criteria. | Baumgartner RN, et al. Am J Epidemiol. 1998;147(8):755-763.

Metabolic Insights

Because DEXA measures your actual lean tissue, we can estimate your resting metabolic rate with far greater accuracy than standard online calculators.

RESTING METABOLIC RATE (RMR)

1216 calories/day

Estimated calories your body burns at complete rest each day

Estimated Daily Calorie Needs by Activity Level

ACTIVITY LEVEL	DESCRIPTION	EST. DAILY CALORIES
Sedentary	Desk job, minimal exercise	**1459** cal/day
Lightly Active	Light exercise 1–3 days/week	**1672** cal/day
Moderately Active	Moderate exercise 3–5 days/week	**1885** cal/day
Very Active	Hard exercise 6–7 days/week	**2098** cal/day

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Fueling Your Composition

Your DEXA data allows us to calculate precise protein targets based on your actual body composition — far more personalized than generic recommendations.

DAILY PROTEIN TARGET

102–140 g/day

Based on your body weight of 140.7 lbs (63.8 kg)

PER MEAL (4 MEALS/DAY)

26–35 g/meal

Distribute evenly across meals for optimal absorption

THE EVIDENCE

Current evidence supports 1.6–2.2 g protein per kg body weight per day for individuals engaged in resistance training or seeking body composition improvement.

CALORIE CONTEXT

Your Total Daily Energy Expenditure (TDEE) combines your resting metabolic rate with the calories burned through daily activity and exercise. Choose the activity level that best matches your typical week.

Calorie estimates are starting points, not rigid rules. Listen to your body, prioritize nutrient density, and adjust based on how you feel and perform.

Important: These targets are general guidelines. Individual needs vary based on training intensity, health status, and goals. Consult a registered dietitian for personalized recommendations.

Morton RW, et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength. Br J Sports Med. 2018;52(6):376-384.

Katch-McArdle formula: RMR = 370 + (21.6 × lean mass in kg). Activity multipliers per Cunningham JJ, Am J Clin Nutr. 1980.

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Bone Mineral Density

Bone density measures how strong and solid your bones are. DEXA is the gold standard for detecting bone loss early — long before a fracture occurs.

Lumbar Spine (AP)

REGION	AREA (CM²)	BMC (G)	BMD (G/CM²)	Z-SCORE
L1	12.41	9.12	0.735	—
L2	13.18	10.52	0.798	—
L3	14.12	11.93	0.845	—
L4	16.38	14.45	0.882	—
Total	**56.09**	**46.02**	**0.820**	**—**

"—" in Z-Score indicates reference data was not available for this scan.

WHOLE BODY BMD

1.058 g/cm²

Z-Score: —

INTERPRETATION

Within expected range

Normal

ISCD recommends Z-scores for premenopausal women and men under 50; T-scores for postmenopausal women and men 50+. | ISCD Official Positions – Adult. J Clin Densitom. 2019;22(4):472-514.

Individual Limb Breakdown

Comparing muscle mass between your left and right sides reveals imbalances that may increase injury risk. Differences greater than 10% warrant attention.

REGION	LEFT (LBS)	RIGHT (LBS)	DIFFERENCE	STATUS
Arm Lean Mass	3.7	3.0	22.9%	▲ Asymmetry >10%
Leg Lean Mass	14.4	13.8	4.8%	● Balanced
Arm Fat Mass	4.4	3.0	38.8%	▲ Asymmetry >10%
Leg Fat Mass	11.9	12.2	2.9%	● Balanced

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Your Scorecard

A consolidated view of all your key metrics with status indicators and trends.

METRIC	VALUE	STATUS	TREND
Body Fat %	**38.2%**	Elevated	Baseline
Visceral Fat	**102.5 cm²**	Moderate	Baseline
Lean Mass	**86.3 lbs**	Measured	Baseline
ALMI	**5.85 kg/m²**	Normal	Baseline
A/G Ratio	**0.75**	Favorable	Baseline
Bone Density	**1.058**	Normal	Baseline
RMR	**1216 cal/day**	Calculated	Baseline

● Wins

- Appendicular lean mass is above the sarcopenia threshold
- Bone density within expected range for your age
- Android/gynoid ratio is favorable

▲ Areas for Attention

- Body fat is Elevated — consider nutrition and exercise optimization
- Visceral fat is moderately elevated — prioritize aerobic activity
- Lean mass asymmetry detected in arms (>10% difference)

Longitudinal Trends

Baseline Scan

This is your first DEXA scan. Future reports will display trend charts and change tracking here, allowing you to monitor your progress over time.

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Personalized Next Steps

Based on your scan findings, here are the most impactful actions you can take.

Body Composition Support

Your body fat percentage suggests room for improvement. Our medical staff can discuss whether GLP-1 therapy or other interventions may be a good fit for your goals.

MOONSHOT MEDICAL CONSULTATION

Scan to learn more

Visceral Fat Reduction Program

Targeted aerobic exercise and metabolic nutrition strategies can meaningfully reduce visceral fat within 3–6 months.

MOONSHOT METABOLIC HEALTH PROGRAM

Scan to learn more

Movement Assessment

Your scan reveals muscle imbalances that may affect movement quality. A Moonshot movement assessment can identify compensation patterns and build a corrective program.

MOONSHOT MOVEMENT ASSESSMENT

Scan to learn more

Schedule Your Next Scan

Track your progress with a follow-up DEXA scan in 6–12 months. Consistent monitoring is the best way to measure the impact of your efforts.

DEXA BODY COMPOSITION SCAN

Learn More

Comprehensive Bloodwork
moonshotmp.com/medical/blood-panels/

Blood Panels
moonshotmp.com/medical/blood-panels/

GLP-1 Medication Guide
moonshotmp.com/learn/semaglutide-vs-tirzepatide/

Dry Needling
moonshotmp.com/rehab/dry-needling/

Key Takeaways

Recommendations

- Your visceral fat is moderately elevated. Reducing visceral fat through aerobic exercise and dietary changes can lower cardiovascular risk.
- Your body fat percentage is elevated. Regular exercise and balanced nutrition can help optimize your composition.
- Your arm lean mass shows a 22.9% difference between sides — consider incorporating unilateral exercises to improve balance.

Ready to Take Action?

Our team is here to help you turn these insights into results.

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Clinical Data — For Provider Reference

Body Composition — Raw Data (grams)

REGION	FAT (G)	LEAN (G)	BMC (G)	TOTAL (G)	% FAT
L Arm	2012.4	1692.3	198.50	3704.7	54.3%
R Arm	1358.7	1345.1	103.80	2703.8	50.2%
Trunk	8939.2	19993.2	—	28932.4	30.9%
L Leg	5392.3	6542.8	348.20	11935.1	45.2%
R Leg	5548.9	6238.4	315.60	11787.3	47.1%
Subtotal	23251.5	35811.8	1463.60	59063.3	39.4%
Head	948.2	3338.5	521.40	4286.7	22.1%
Total	24199.7	39150.3	1985.00	63350.0	38.2%

Android / Gynoid Composition

MEASUREMENT	VALUE
Android Fat	1612 g
Android Lean	3145 g
Android % Fat	33.9%
Gynoid Fat	4815 g
Gynoid Lean	5762 g
Gynoid % Fat	45.5%
VAT Mass	**495 g**
VAT Volume	535 cm^3
VAT Area	102.5 cm^2
Total Abdominal Fat Area	391.2 cm^2
Subcutaneous Fat Area	288.7 cm^2
Estimated Waist Circumference	95.8 cm

Scan Metadata

Operator	—	Protocol	**Whole Body**
Software Version	**13.6.1.4**	Machine Model	**Horizon Wi (S/N310996M)**
Institution	**Moonshot Medical & Performance**	BMD CV	**1.0%**
ACF	**1.059**	BCF	**1.025**
Scan ID	**SAMPLE-JANE-DOE-001**		

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