

## SEGMENTAL HEALTHY RANGE CHART



### PHYSIQUE RATING

RESULT	PHYSIQUE RANGE	EXPLANATION
1	Hidden Excess Fat	High Body Fat % with Low Muscle Mass
2	Medium Frame & Excess Fat	High Body Fat %, Moderate Muscle Mass
3	Solidly Built	Large Frame, High Body Fat % & Muscle Mass
4	Low Muscle	Average Body Fat % & Low Muscle Mass
5	Standard	Average Body Fat % & Muscle Mass
6	Muscular	Average Body Fat % & High Muscle Mass
7	Low Muscle & Low Fat	Low Body Fat % & Low Muscle Mass
8	Thin & Muscular (Athlete)	Low Body Fat % & Adequate Muscle Mass
9	Very Muscular (Athlete)	Low Body Fat % & High Muscle Mass



### BODY WATER%

FEMALE STANDARD RANGE	
DEHYDRATED	< 45%
HEALTHY	45%-60%
FEMALE ATHLETIC RANGE	
DEHYDRATED	< 50%
HEALTHY	50%-65%
MALE STANDARD RANGE	
DEHYDRATED	< 50%
HEALTHY	50%-65%
MALE ATHLETIC RANGE	
DEHYDRATED	< 55%
HEALTHY	55%-70%



### BODY FAT %

FEMALE AGE	UNDERFAT	HEALTHY	OVER WEIGHT	OBESE
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 79	0% - 24%	24% - 36%	36% - 42%	42%+
MALE AGE	UNDERFAT	HEALTHY	OVER WEIGHT	OBESE
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 79	0% - 13%	13% - 25%	25% - 30%	30%+



### VISCERAL FAT

FEMALE RATING GUIDE	
Healthy Level Rating	1-12
Excess Level Rating	13-59
MALE RATING GUIDE	
Healthy Level Rating	1-12
Excess Level Rating	13-59



### MUSCLE QUALITY SCORE

FEMALE AGE	18-29	30-39	40-49	50-59	60-69	70-79	80
HIGH	>68	>70	>69	>67	>61	>54	>50
AVERAGE	48-67	48-69	45-68	41-66	34-60	26-53	22-49
LOW	<47	<47	<44	<40	<33	<25	<21
MALE AGE	18-29	30-39	40-49	50-59	60-69	70-79	80
HIGH	>74	>73	>70	>64	>56	>46	>39
AVERAGE	49-73	47-72	44-69	39-63	33-55	25-45	21-38
LOW	<48	<46	<43	<38	<32	<24	<20



### BONE MASS %

FEMALE WEIGHT	HEALTHY BM WEIGHT
Less than 49kg	1.95kg*
Between 50kg-75kg	2.40kg*
Over 76kg	2.95kg*
MALE WEIGHT	HEALTHY BM WEIGHT
Less than 64kg	2.65kg*
Between 65kg-95kg	3.29kg*
Over 95kg	3.69kg*

Note, \* indicates healthy weight (your reading should be around this mass).



### MUSCLE MASS

FEMALE AGE	18-39	40-59	60-79	MALE AGE	18-39	40-59	60-79
VERY LOW	<56%	<55%	<54%	VERY LOW	<72%	<55%	<54%
LOW	56%-61%	56% - 62%	54% - 60%	LOW	71%-76%	68% - 74%	66% - 71%
GOOD	63% - 75%	62% - 73%	60% - 72%	GOOD	76% - 88%	74% - 85%	71% - 83%
INCREASED	>75%	>73%	>72%	INCREASED	>88%	>85%	>83%

<https://tanitaaustralia.com/understanding-your-measurements/>



