

Weight trend

The weight trend widget displays your daily weight on a line graph for one month. If you weigh yourself multiple times per day, the trend graph uses the last measurement recorded each day.

Body mass index (BMI)

Body mass index is your weight in kilograms divided by your height in meters squared. BMI is often used to estimate if a person is underweight or overweight.

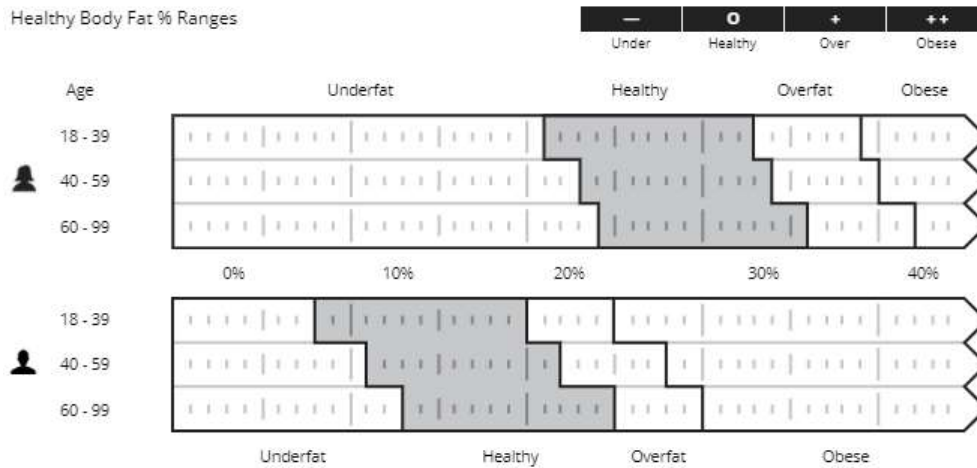
BMI Range	Nutritional Status
Less than 18.5	Underweight
18.5 to 24.9	Normal weight
25 to 29.9	Pre-obesity
30 to 34.9	Obesity class I
35 to 39.9	Obesity class II
40 and greater	Obesity class III

Body fat percentage

Body fat percentage is the percentage of total mass attributed to fat, including essential fat and storage body fat. Essential body fat is required for basic health.

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Healthy Body Fat % Ranges



Skeletal muscle mass

Skeletal muscle mass is the total amount of mass attributed to muscle. It is measured in pounds, kilograms, or stones and pounds.

Muscle Mass Percentage Chart					
Gender	Age	Low(-)	Normal(0)	High(+)	Very High
Female	18-40	<24.4	24.4 - 30.2	30.3 - 35.2	≥35.3
	41-60	<24.2	24.2 - 30.3	30.4 - 35.3	≥35.4
	61-80	<24.0	24.0 - 29.8	29.9 - 34.8	≥34.9
Male	18-40	<33.4	33.4 - 39.4	39.5 - 44.1	≥44.2
	41-60	<33.2	33.2 - 39.2	39.3 - 43.9	≥44.0
	61-80	<33.0	33.0 - 38.7	38.8 - 43.4	≥43.5

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Bone mass

Bone mass is the total amount of mass attributed to bone. It is measured in pounds, kilograms, or stones and pounds.

BONE MASS RANGES

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The total amount of bone weight in your body, not including any water contained in those bones.

	Weight		
	Less than 49.9 kg	49.9 kg - 74.8 kg	74.8 kg and up
	2 kg	2.4 kg	2.9 kg
	Less than 64.9 kg	64.9 kg - 94.8 kg	94.8 kg and up
	2.7 kg	3.3 kg	3.7 kg

Body water percentage

Water percentage is the percentage of total mass attributed to fluid. This measurement can be used to indicate your level of hydration.

Water as percentage of body weight in adults

Adults	Ages 12 to 18	Ages 19 to 50	Ages 51 and older
Male	average: 59% range: 52%–66%	average: 59% range: 43%–73%	average: 56% range: 47%–67%
Female	average: 56% range: 49%–63%	average: 50% range: 41%–60%	average: 47% range: 39%–57%

Water as percentage of body weight in infants and children

	Birth to 6 months	6 months to 1 year	1 to 12 years
Infants and children	average: 74% range: 64%–84%	average: 60% range: 57%–64%	average: 60% range: 49%–75%