

Suzie Sample

Your Optimal Health Guide

Scan Comparison Report



pro  **ACTIVE**
MOBILITY
Redefining what's possible

Suzie – BODY SCAN PROGRESS REPORT

Date Range: May 26 - July 8



YOURPROGRESSSNAPSHOT

Metric	05-26-2025	07-08-2025	Change	Status
Weight	154.3 lb	154.3 lb	→ 0	🟡 Hold
Lean Body Mass	107.8	108.2	↑ +0.4	🟢 Gain
Skeletal Muscle Mass	59.3	59.7	↑ +0.4	🟢 Gain
Body Fat Mass	46.5	46.1	↓ -0.4	🟢 Drop
Body Fat Percentage	30.1%	29.9%	↓ -0.2%	🟢 Drop
Visceral Fat Area	60	56	↓ -4	🟢 Drop
Visceral Fat Level	8 (Balanced)	8 (Balanced)	→ Stable	🟢 Hold
Bio Age	43	42	↓ -1	🟢 Drop
BWI Score	7.0	7.2	↑ +0.2	🟢 Gain
Abdominal Circumference	31.8 in	31.7 in	↓ -0.1 in	🟢 Drop
Segmental Balance Upper/Lower	Unbalanced	Unbalanced	→ No change	🟡 Hold
Segmental Balance Left/Right	Balanced	Balanced	→ Stable	🟢 Hold

2 Overview Analysis

Suzie, you are trending in the right direction. Your body has **held weight steady while gaining lean muscle (+0.4 lbs) and dropping fat (-0.4 lbs)**—this is **true recomposition** at work.

Your **visceral fat area dropped significantly (-4 points)**, **bio age dropped by a year**, and your **BWI score improved**. Your muscle mass is climbing, fat mass is trimming down, and your waist stayed tight while strength builds.

Upper/lower imbalance is still there, but your **left/right remains balanced, which is solid**. Hydration and mineral status are consistent, giving us confidence in your scan data.

In plain English: **Your efforts are paying off.**

3 What You're Doing Right ✨



- ✓ **Building muscle while dropping fat** (this is the dream)
- ✓ Staying consistent with nutrition and training
- ✓ Reducing visceral fat area while maintaining an optimal waist-to-hip ratio
- ✓ Dropping your biological age (proof your body is getting younger internally)
- ✓ Keeping hydration, protein, and minerals on point for recovery and scan accuracy
- ✓ Holding left/right balance, indicating structural stability

Your body is **responding to your effort, discipline, and consistency**. **Your current strategies are working!**

4 What Needs Addressed 🔍

⚠️ **Upper/Lower Imbalance:** Indicates your training may favor upper body; we will add lower body strength and volume to balance.

5 Updated Strategy Based on Current Data and Trends 🚀

Nutrition/Supplementation:

- ✓ Continue high protein intake to fuel muscle retention and gain.
- ➡ If fat loss on the scale is a priority, implement a **slight calorie deficit (~150-200 kCal daily)** while preserving strength and recovery.
- ✓ Stay hydrated, maintain electrolyte balance, and keep fiber intake consistent.
- ✓ Maintain current supplement stack focusing on magnesium, protein

Training:

- ✓ Keep up resistance training to continue muscle gain.
- ➡ Add **1-2 HIIT or conditioning sessions weekly** for an extra metabolic boost to drive further fat reduction.
- ➡ Add **lower body focus** to correct upper/lower imbalance.

Lifestyle:

- ✓ Prioritize consistent sleep for recovery and hormonal balance.
- ✓ Continue stress management tools and supplements to support visceral fat reduction.

Monitoring:

- ✓ Stay on your hydration protocol before scans.
- ✓ Weekly waist measurements for additional tracking.
- ➡ Reassess in 4 weeks to evaluate further body composition shifts.

Charmain, you're proving your body can build muscle and drop fat simultaneously. This is rare and powerful.

🔥 You're aligned, consistent, and your scans prove it's working.

🔥 Now we dial in small adjustments, keep momentum, and trust your body's ability to transform.

Stay locked in. Let's keep winning.

Your Health & Fitness Strategist & Transformation Partner

— **Darrell MacLearn** Owner | proACTIVE Mobility

“You can have excuses or you can have results but you can't have both”

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This report is based on your body composition scan data and general health guidelines. Always consult with healthcare professionals for medical advice.

