Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

ESTIMATED BODY FAT · FROM YOUR PHOTO

20–26%

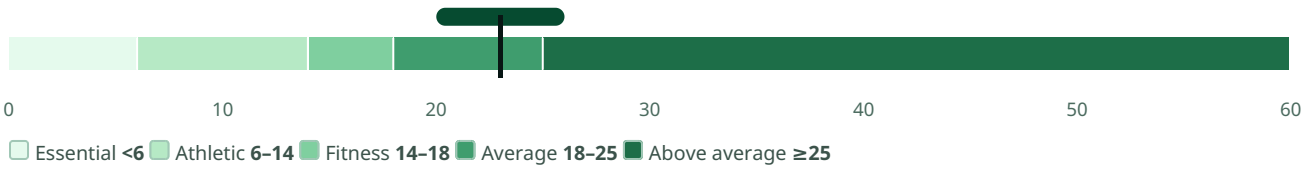
Midpoint ≈ 23%

Category: **Average (Male)** · Photo quality: **Good**

Leaner than about 53–87% of men your age

An estimate from one photo, not a DEXA scan. Pose, clothing and light can shift it by several points.





Your three priorities

1. Lose fat slowly

A deficit of 300–500 kcal a day (page 7) reaches about 20% in roughly 4–8 weeks (page 6).

2. Protein at every meal

130–180 g a day: about 40 g in each of four meals.

3. Next photo on 2026-12-20

Four weeks from this report, with the same setup (page 8).

Three observations from this photo

1. Example observation: the shoulders show mild separation from the upper arms.
2. Example observation: the waist has a soft outline, without clear abdominal separation.
3. Example observation: a relaxed front view would leave side and back contours unseen.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

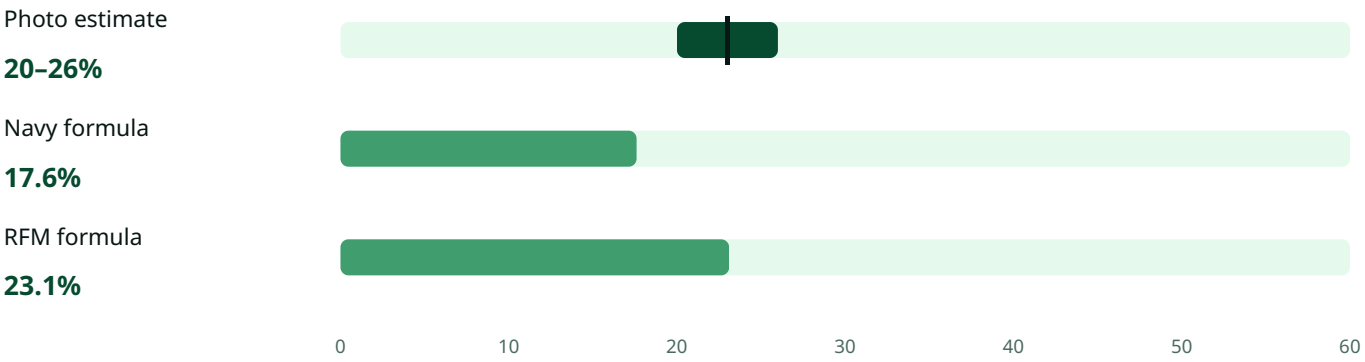
02 Method and error

Your range comes from one photo, read by a vision model with a fixed prompt and checked against hard limits (3–60 %, at least 6 points wide). It is a visual estimate, not a measurement of body composition.

Pose	Leaning, twisting or tensing the abdomen changes how the waist and hips look and can move the estimate by several points.
Light	Light from above deepens shadows and makes definition look stronger; flat front light hides it.
Clothing	Fitted clothing shows contours; loose fabric hides them and makes the photo «limited».
Camera	A wide-angle lens close to the body distorts proportions; a phone at 2–3 m at waist height distorts least.

In the feasibility tests behind this tool, the photo estimate differed from a reference value by 4.3 percentage points on average (3 photos). Treat the middle of the range as a rough guide and the range as the honest answer.

Cross-check with formulas



The photo and the formula differ by more than 5 points. They use different inputs and each has its own error, so the report does not average them.

The Navy formula (Hodgdon & Beckett, 1984) uses neck, waist and, for women, hips with height. RFM (Woolcott & Bergman, 2018) uses height and waist. Tape placement changes both by a few points.

Sources: Hodgdon JA, Beckett MB. Naval Health Research Center, 1984 · Woolcott OO, Bergman RN. Sci Rep 2018;8:10980.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

03 Zones (part 1 of 2)



The photo this estimate was made from.

Shoulders and arms

WHAT IS VISIBLE

Example: a rounded shoulder outline and mild upper-arm definition.

HOW WELL ONE PHOTO SHOWS IT

Light and arm position can change apparent separation. This cannot establish muscle size or strength.

Chest

WHAT IS VISIBLE

Example: a smooth chest contour with limited visible separation.

HOW WELL ONE PHOTO SHOWS IT

A front view cannot distinguish tissue composition; clothing and posture affect the outline.

VISIBLE DEFINITION

In this fictional example, the shoulders and upper arms have mild visible definition. This describes appearance, not muscle mass.

A photo shows outlines and visible definition. It cannot show regional fat percentages, visceral fat or muscle mass, and the report does not estimate them.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

04 Zones (part 2 of 2)



The photo this estimate was made from.

Abdomen and waist

WHAT IS VISIBLE

Example: a soft waist contour and faint abdominal lines.

HOW WELL ONE PHOTO SHOWS IT

This is not a measurement of visceral or regional fat. Breathing and camera angle change the appearance.

Hips and thighs

WHAT IS VISIBLE

Example: the upper thighs and hips have a smooth, continuous outline.

HOW WELL ONE PHOTO SHOWS IT

One front view leaves the sides unseen. No regional fat percentage can be inferred.

CONTOURS

The fictional example has a softly defined waist and a smooth outline through the hips. These notes do not measure regional fat.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

05 Derived values

These numbers are arithmetic on your weight and the estimated range. Lean mass here is everything that is not fat (muscle, bone, organs, water), so it is not muscle mass.

SEX	AGE	HEIGHT	WEIGHT	WAIST
Male	34	180 cm	82 kg	88 cm

Your numbers · 20–26%



LEAN (FAT-FREE) MASS	FAT MASS
60.7 kg – 65.6 kg	16.4 kg – 21.3 kg

	20–26%
FFMI	18.7 – 20.2
Normalized FFMI (1.80 m)	18.7 – 20.2
Waist-to-height ratio	0.49



FFMI (fat-free mass index) is lean mass divided by height squared. The normalized value adjusts it to a height of 1.80 m (Kouri et al., 1995).

Waist-to-height ratio: a waist under half of your height (below 0.5) is the commonly used screening threshold (Ashwell & Hsieh, 2005).

COMPARED WITH ADULTS YOUR AGE

Your range is leaner than about 53–87% of men aged 34 in a US reference sample measured by DXA.

DXA usually reads a few points higher than photo and tape methods, so read this as a rough position, not a rank.

Sources: Kouri EM et al. Clin J Sport Med 1995;5:223–228 · Ashwell M, Hsieh SD. Int J Food Sci Nutr 2005;56:303–307. · Kelly TL, Wilson KE, Heymsfield SB. PLoS ONE 2009;4(9):e7038 (NHANES 1999–2004, Table S2, non-Hispanic white adults).

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

06 Target scenarios

What your weight would be at a different body fat level if lean mass stayed the same, and with some lean mass gained. Pure arithmetic from the middle of your range; not a goal we set for you.

SCENARIO	BODY FAT	WEIGHT	CHANGE
Now (midpoint)	23%	**82 kg**	—
3 points lower, same lean mass	20%	**78.9 kg**	−3.1 kg
5 points lower, same lean mass	18%	**77 kg**	−5 kg
+2 kg lean mass, same body fat %	23%	**84.6 kg**	+2.6 kg
+2 kg lean mass, 3 points lower	20%	**81.4 kg**	−0.6 kg

Real change rarely keeps lean mass exactly constant. Use the scenarios as a scale for your own goal, and re-check with the same photo setup.

When you could get there

At a steady loss of 0.5–1 % of body weight a week with lean mass kept. Real progress is rarely this even, so read the dates as a window.

BODY FAT	WEIGHT	TIME	DATES	WAIST ≈
≈ 20%	78.9 kg	4–8 weeks	2026-12-20 – 2027-01-17	**82 cm**
≈ 18%	77 kg	7–13 weeks	2027-01-10 – 2027-02-21	**78.5 cm**

Waist targets start from your measured waist and move it the way the RFM formula predicts. Measure at the navel, relaxed. Half your height: 90 cm.

Sources: Helms ER et al. J Int Soc Sports Nutr 2014;11:20 · Woolcott OO, Bergman RN. Sci Rep 2018;8:10980.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

07 General 8-week plan

A general frame from published guidelines, the same for everyone with your numbers. It is not medical or dietary advice and not made up by the model.

RESTING ENERGY (MIFFLIN-ST JEOR)

1 780 kcal

DAILY ENERGY, LIGHT TO MODERATE ACTIVITY

2 448 – 2 759 kcal

GOAL	CALORIES A DAY	PROTEIN A DAY
Recomposition	2 250 – 2 760 kcal	130 – 180 g (1.6–2.2 g/kg)
Fat loss	1 950 – 2 460 kcal	130 – 180 g (1.6–2.2 g/kg)
Gain lean mass	2 600 – 3 060 kcal	130 – 165 g (1.6–2 g/kg)

Training

- Resistance training for all major muscle groups 2–4 times a week, adding load or repetitions gradually.
- 150–300 minutes of moderate activity a week (brisk walking, cycling), spread over most days.
- Sleep 7–9 hours; keep the same photo protocol every 4 weeks to check the direction.

Eight weeks

Weeks 1–2

Track weight 3 times a week in the morning; settle the calorie range and the protein target.

Weeks 3–4

Keep the routine; adjust calories by 100–200 kcal if the weekly average does not move as planned.

Weeks 5–6

Add load or a set to the main exercises; keep activity steady.

Weeks 7–8

Take a new photo with the protocol on page 8 and compare it with this report.

Do not go below 1 200 kcal (women) or 1 500 kcal (men) a day without a doctor. Pregnancy, diabetes, kidney disease or an eating disorder: talk to a doctor first.

Sources: Mifflin MD et al. Am J Clin Nutr 1990;51:241–247 · Jäger R et al. ISSN position stand: protein and exercise, 2017 · WHO guidelines on physical activity and sedentary behaviour, 2020.

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

08 Your check-in plan

A photo every 4 weeks, with the window to expect if you follow the fat-loss plan at 0.5–1 % of body weight a week. Write your own numbers next to it.

CHECK-IN	DATE	EXPECTED WEIGHT	EXPECTED BODY FAT	YOUR WEIGHT	YOUR WAIST
Today	2026-11-22	82 kg	20–26%	82 kg	88 cm
Week 4	2026-12-20	78.7 kg – 80.4 kg	≈ 20–21%		
Week 8	2027-01-17	77 kg – 78.7 kg	≈ 18–20%		
Week 12	2027-02-14	77 kg – 77.1 kg	≈ 18%		
Week 16	2027-03-14	77 kg	≈ 18%		
Week 20	2027-04-11	77 kg	≈ 18%		
Week 24	2027-05-09	77 kg	≈ 18%		

Weigh in 3 times a week in the morning and compare weekly averages. Between photos, changes under about 3 points are within the noise of a photo estimate. Next estimate: bodyformnote.com.

Photo protocol for re-checks

Light The same room and lamp, light from the front at chest height; no window behind you.

Distance Phone 2–3 m away at waist height, the whole torso and upper thighs in the frame.

Pose Stand straight, arms slightly away from the body, relaxed abdomen, feet hip-width apart.

Clothing The same fitted shorts or swimwear; the abdomen visible.

Time of day Morning, before eating and training, after the bathroom.

Interval Every 4–8 weeks. Day-to-day photos mostly show water and light, not fat.

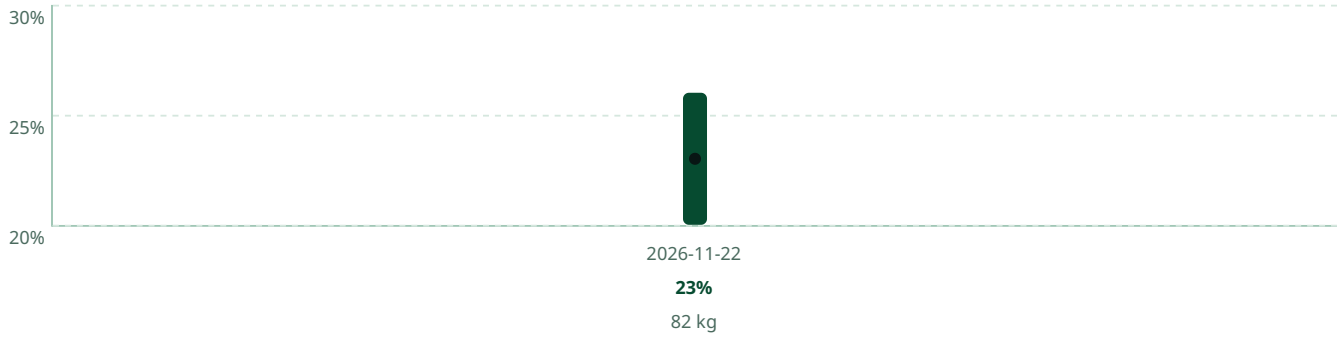
Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

09 Comparison with your previous report

This is the first report for this person, so there is nothing to compare yet. The next report for the same person puts both photos and ranges side by side and adds a bar to this chart.

Your progress

Each bar is one report for this person: the range, the dot its middle, the weight under it when it was given.



	THIS REPORT
Date of the photo	2026-11-22
Estimated body fat · from your photo	20–26%
Midpoint	23%
Photo quality	Good
Weight	82 kg
Waist	88 cm

Alex — fictional example. All numbers and observations are illustrative; no photo was analysed.

10 Limits and when to see a professional

- This report is an estimate from one photo, not a DEXA scan, not a diagnosis and not medical advice.
- It does not measure muscle mass, visceral fat, regional fat percentages, bone density or health risk.
- For a measurement, ask for a DEXA scan, a hydrostatic or air-displacement test, or skinfolds taken by a trained professional.

See a doctor when

- unplanned weight loss or gain of more than 5 % in a few months;
- a waist that keeps growing, or a waist-to-height ratio above 0.6;
- tiredness, dizziness, missed periods or other symptoms while dieting;
- any eating disorder now or in the past, pregnancy or a chronic condition before changing your diet.

Versions

Estimate model	Not used — fictional sample
Estimate prompt	Not used
Report text	Editorial example, not a personal analysis
Report made	2026-11-22