



### Tanita Weight Slip Contents

Following the body composition measurement on the Tanita Scale, a printout will be attached to the athlete's assessment form. This data will need to be entered into the OPC system for the "Alpha Weight".

**TANITA**  
 BODY COMPOSITION ANALYZER  
 TBF-300WA plus  
 16/SEP/2022 10:09

**INPUT**  
 BODY TYPE ATHLETIC  
 GENDER MALE  
 AGE 25  
 HEIGHT 5ft11.0in  
 CLOTHES WEIGHT 0.4lb

**RESULT**  
 WEIGHT 183.6lb  
 FAT % 18.1 %  
 BMI 25.6

**TARGET**  
 TARGET BF% is: 12 %  
 Predicted weight: 171.0lb  
 Predicted fat mass: 20.6lb  
 FAT TO LOSE: 12.6lb  
 Consult your physician before beginning any weight management program. Tanita is not responsible for determining your targetBF%.

**Wrestler Mode**  
 Min WEIGHT at 7% BF is 161.8lb  
 FAT MASS 11.4lb  
 FFM 150.4lb  
 Min Weight is calculated as per state association guidelines.

\*BIOELECTRICAL DATA  
 50kHz  
 R 547.6  
 X -73.9

Verify that this reads "Athletic" for body type and that the gender, age, and height are accurate.

Alpha Weight

Alpha Body Fat %

**Target** - this is your minimum weight at 7% or 12% body fat.

**Wrestle Mode** - cannot be formatted to 12%. Disregard. Same information as "Target" box.

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