

Your Healthy Baseline Assessment

Your Results

BMI: [Your BMI will be calculated and inserted here]

BMI Prime: [Your BMI Prime will be calculated and inserted here]

Classification: [Your classification will be inserted here]

Next Steps Checklist

Analyze Your Results: Use the classification to understand your current standing. Remember, BMI is a starting point, not the final word.

→ **Explore Advanced Tools:** If you are muscular, your BMI may be misleading. Use our [FFMI Calculator](#) for a more accurate assessment.

Set a Goal: Based on your results, decide on a clear goal. Do you need to gain healthy weight, or focus on body composition?

□ **Dial-In Nutrition:** Use our [Calorie Calculator](#) and [Protein Optimizer](#) to fuel your goals.