



FITNESECITY

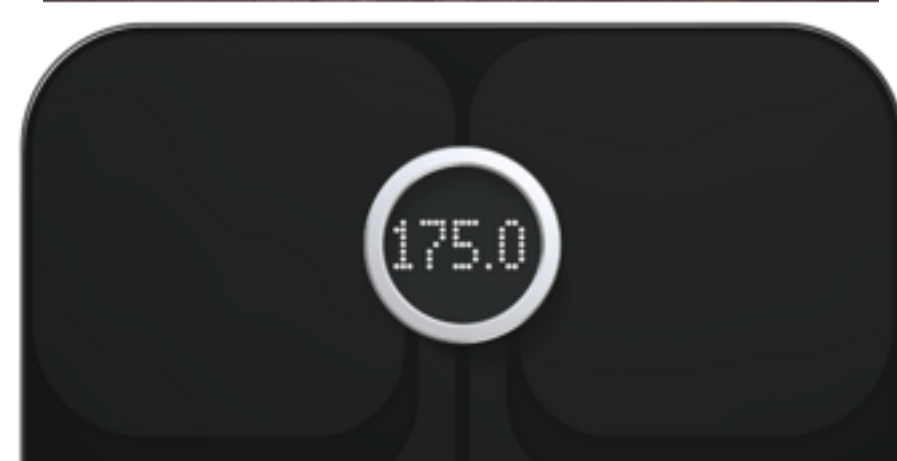
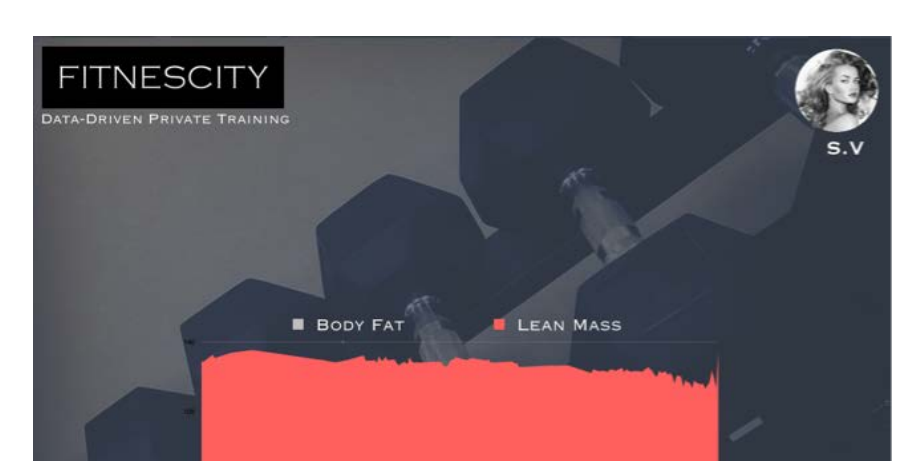
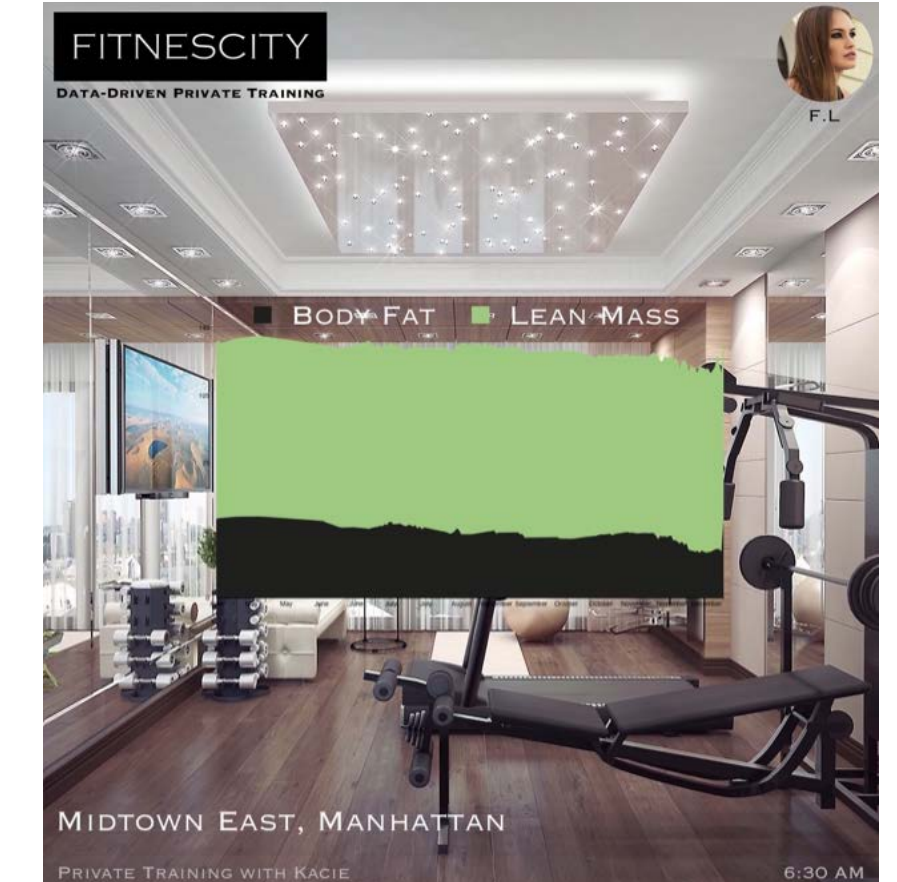
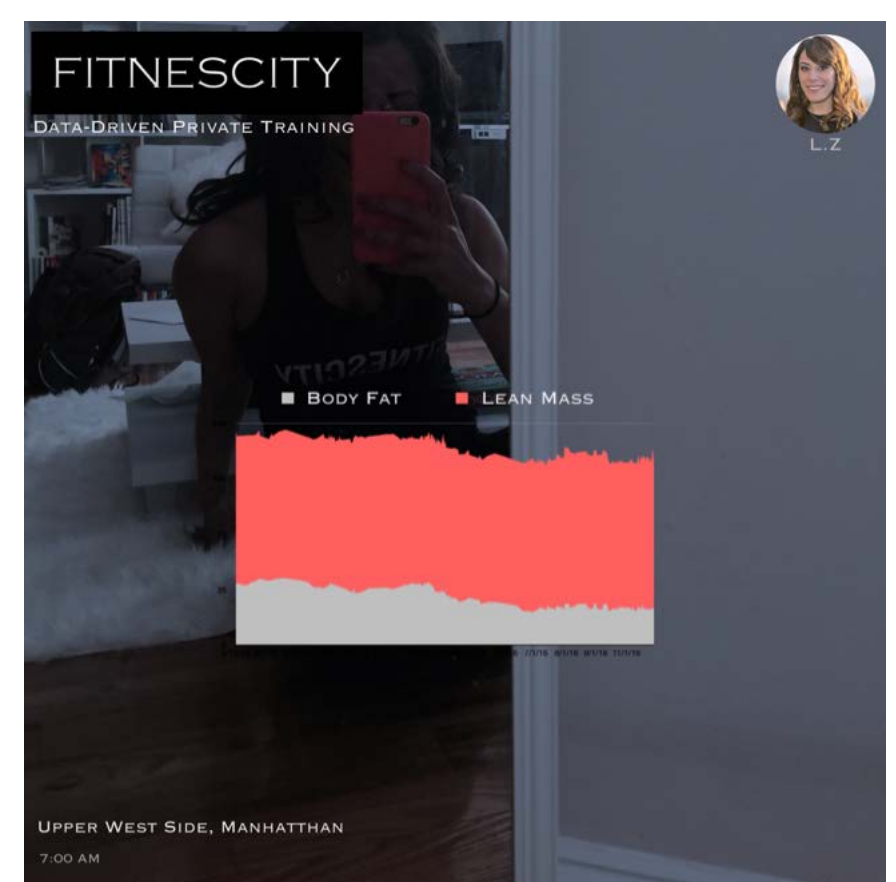
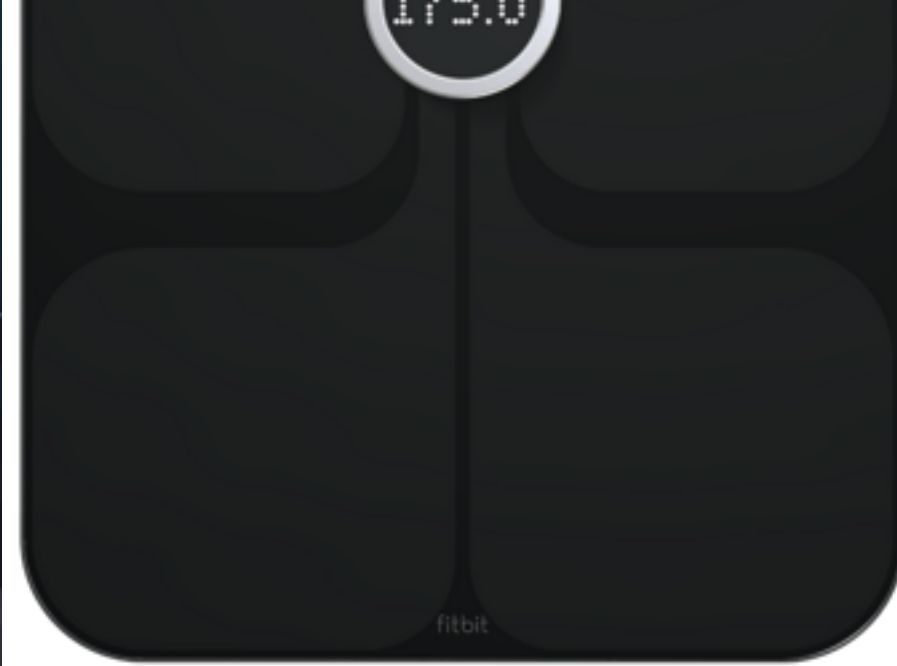
Tracking  
my digital  
3D body  
model

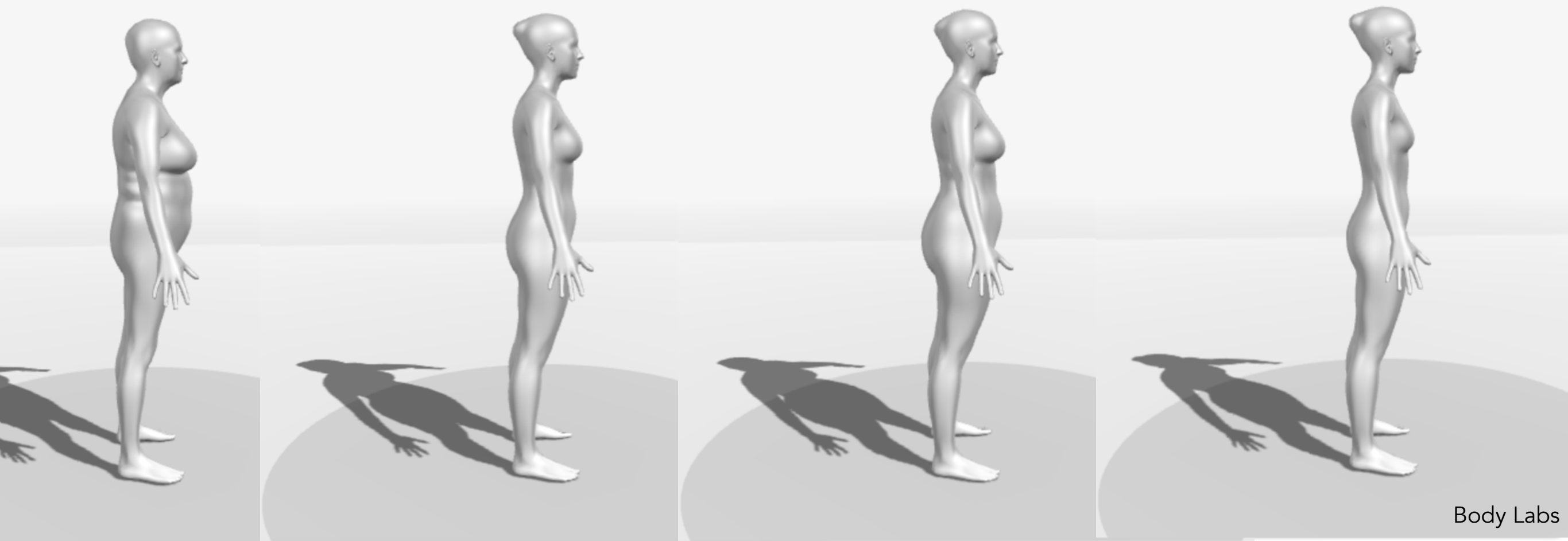
Laila Zemrani

[lailazemrani.com](http://lailazemrani.com)



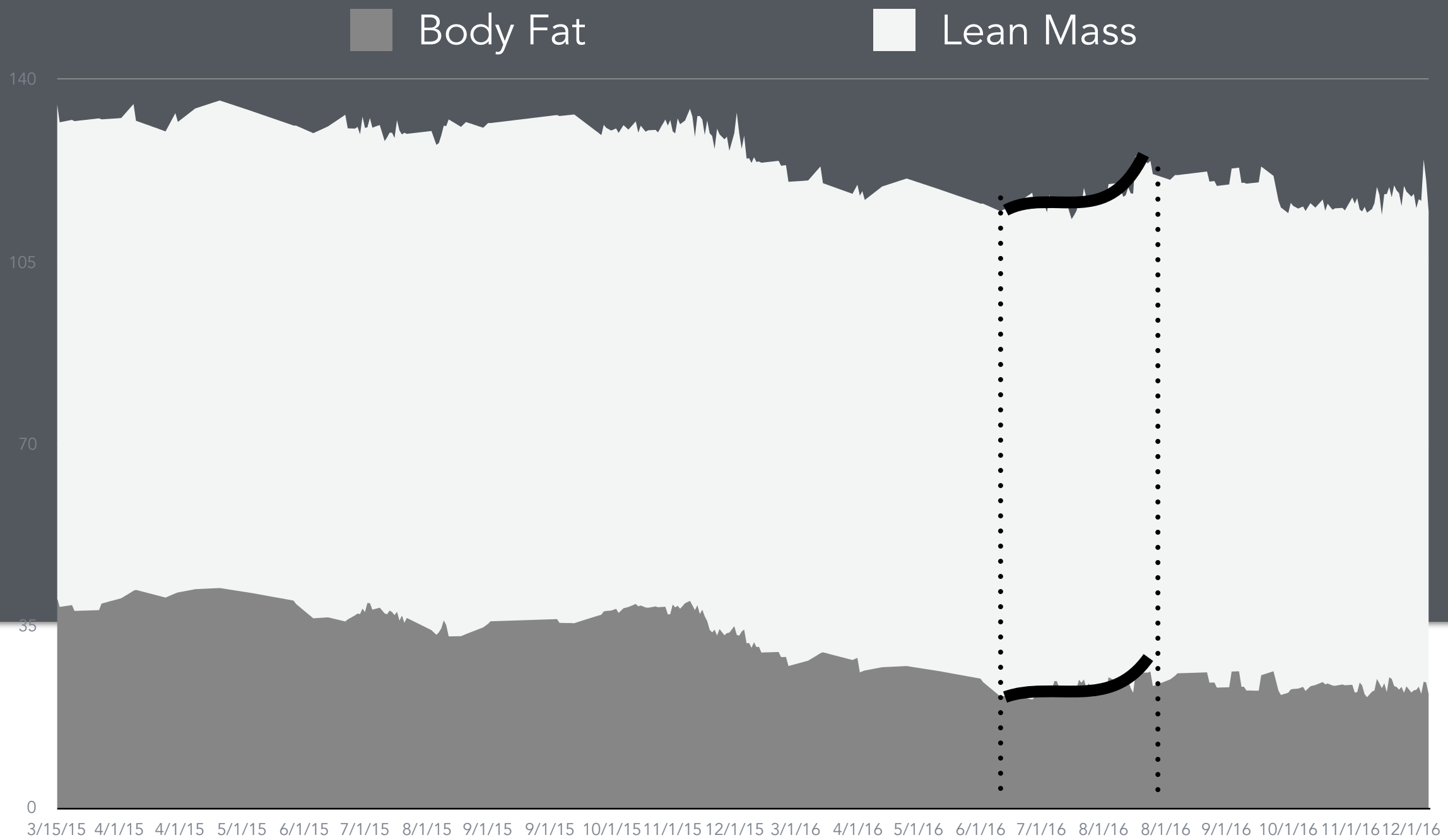
@lailazem





Body Labs

# Limitations



# Limitations

# Body Shape

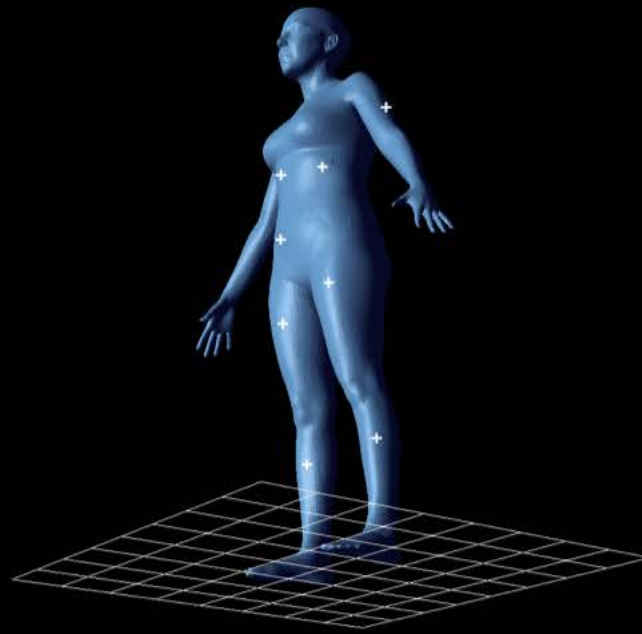
Abdominal fat

# Good vs. Bad

Lean mass vs. body fat

# Limitations

# 3D BODY MODEL

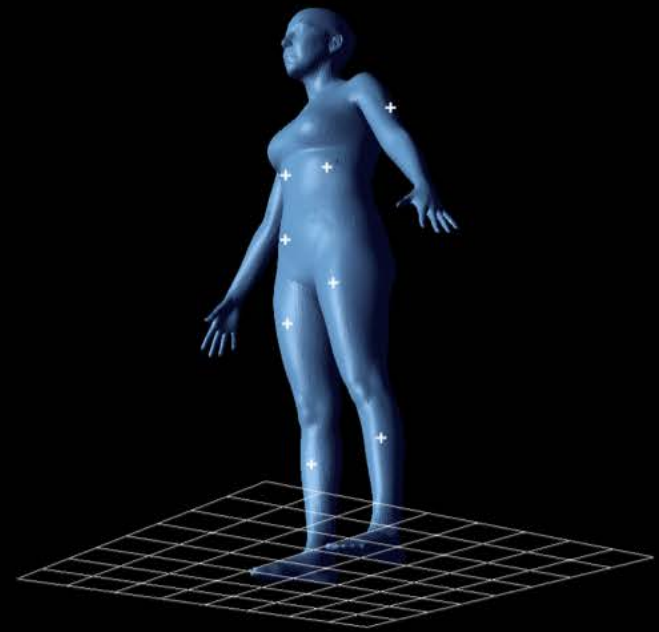


Tracking

my

virtual

self



New

perspective?





Scanner  
BODY LABS, NEW YORK CITY





# MY TRACKING JOURNEY

July 2016 - Present



ABSI



0.08

A BODY SHAPE INDEX

SBSI



0.118

SURFACE-BASED BODY SHAPE INDEX

WAIST DATA

77.7

VIEW WAIST CIRCUMFERENCE DATA

0.81

VIEW WAIST TO HIP RATIO DATA

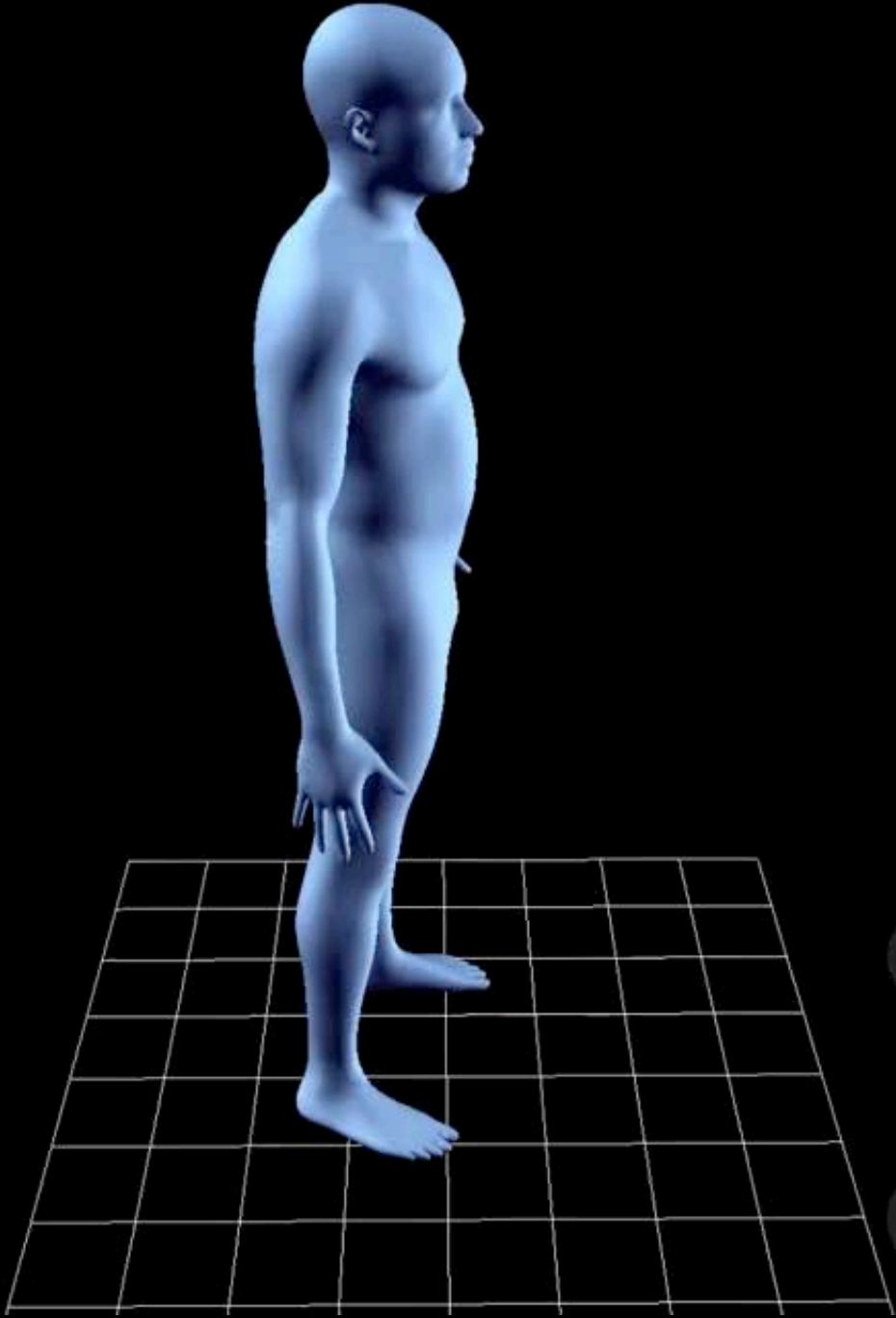
TRUNK TO LEG VOLUME RATIO



2.1

TRUNK/LEG VOLUME

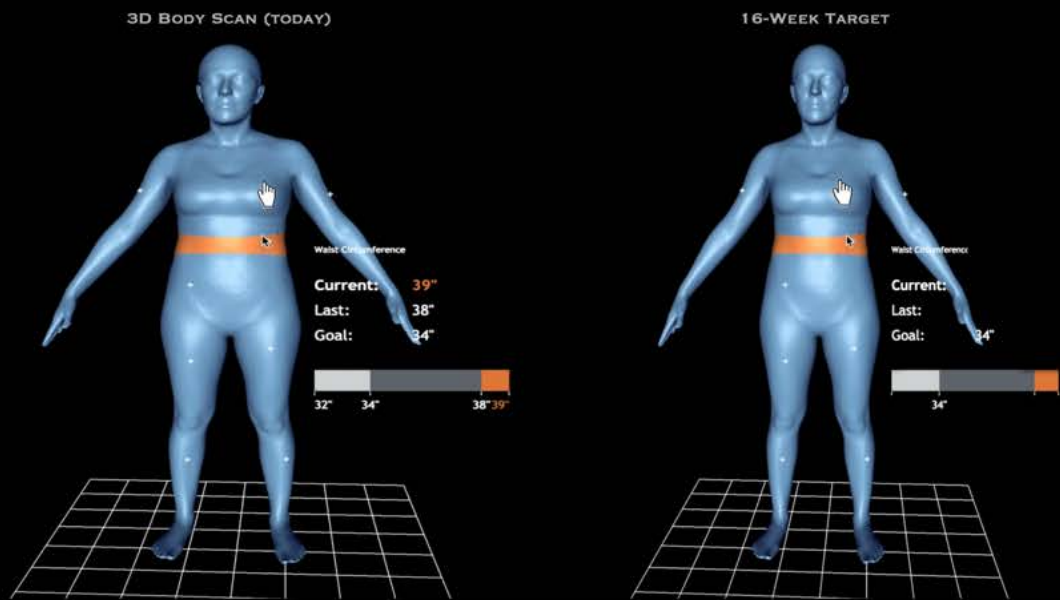




FITNE SCITY



OVERVIEW | PHYSIOLOGY | LIFESTYLE | CALENDAR



PHYSIOLOGY



Click to Explore

LIFESTYLE



Click to Explore

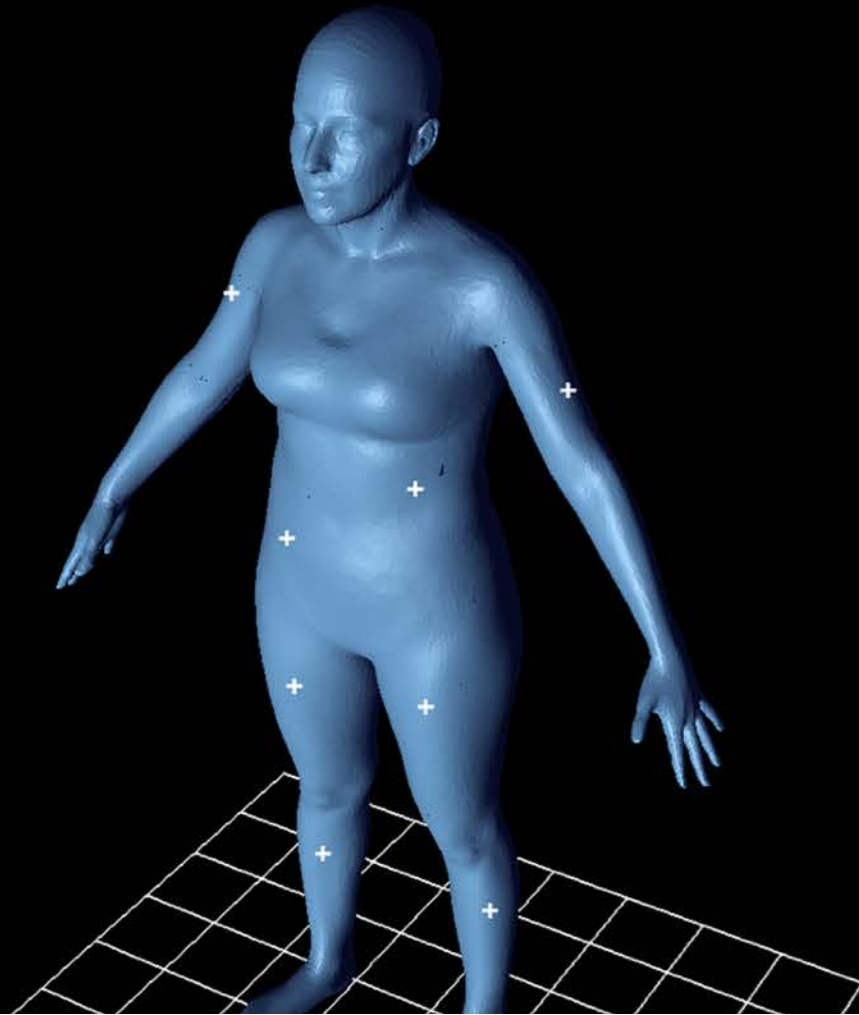
WELLNESS CALENDAR



Click to Explore

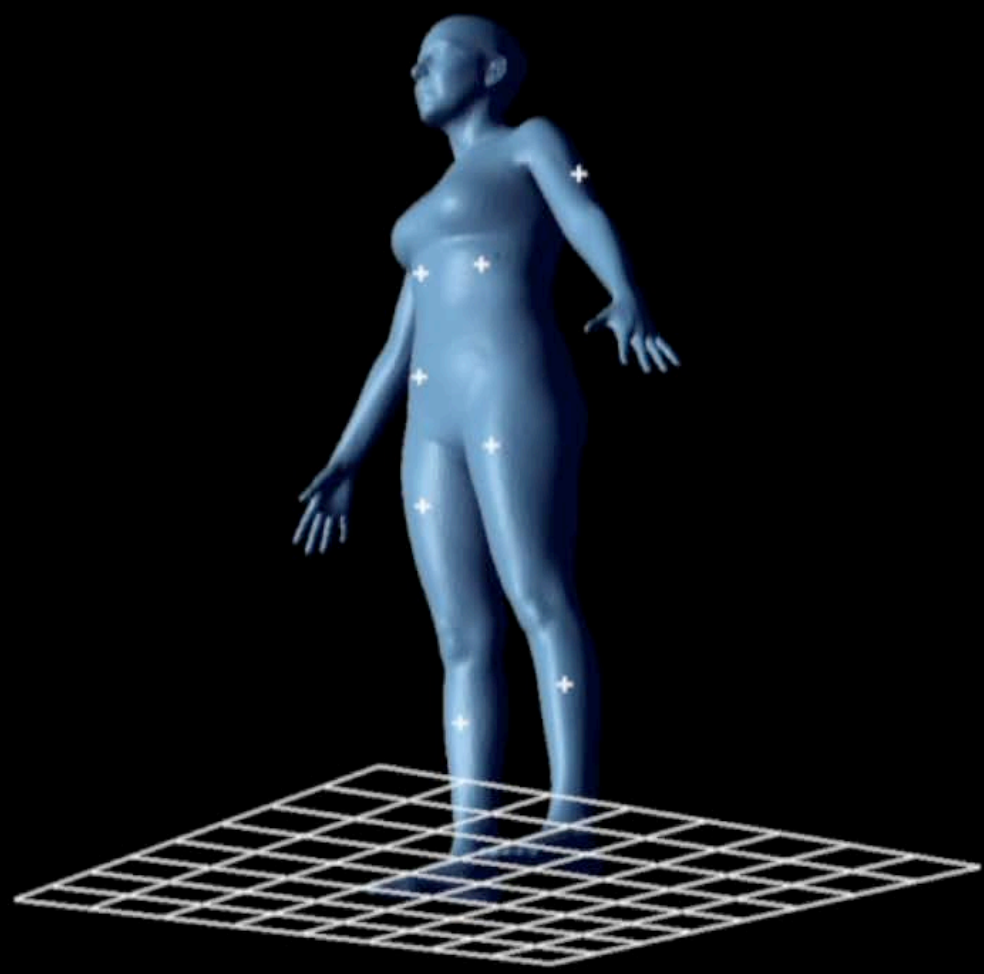
(1)

Goal  
setting  
tool



(2)

Visualization platform

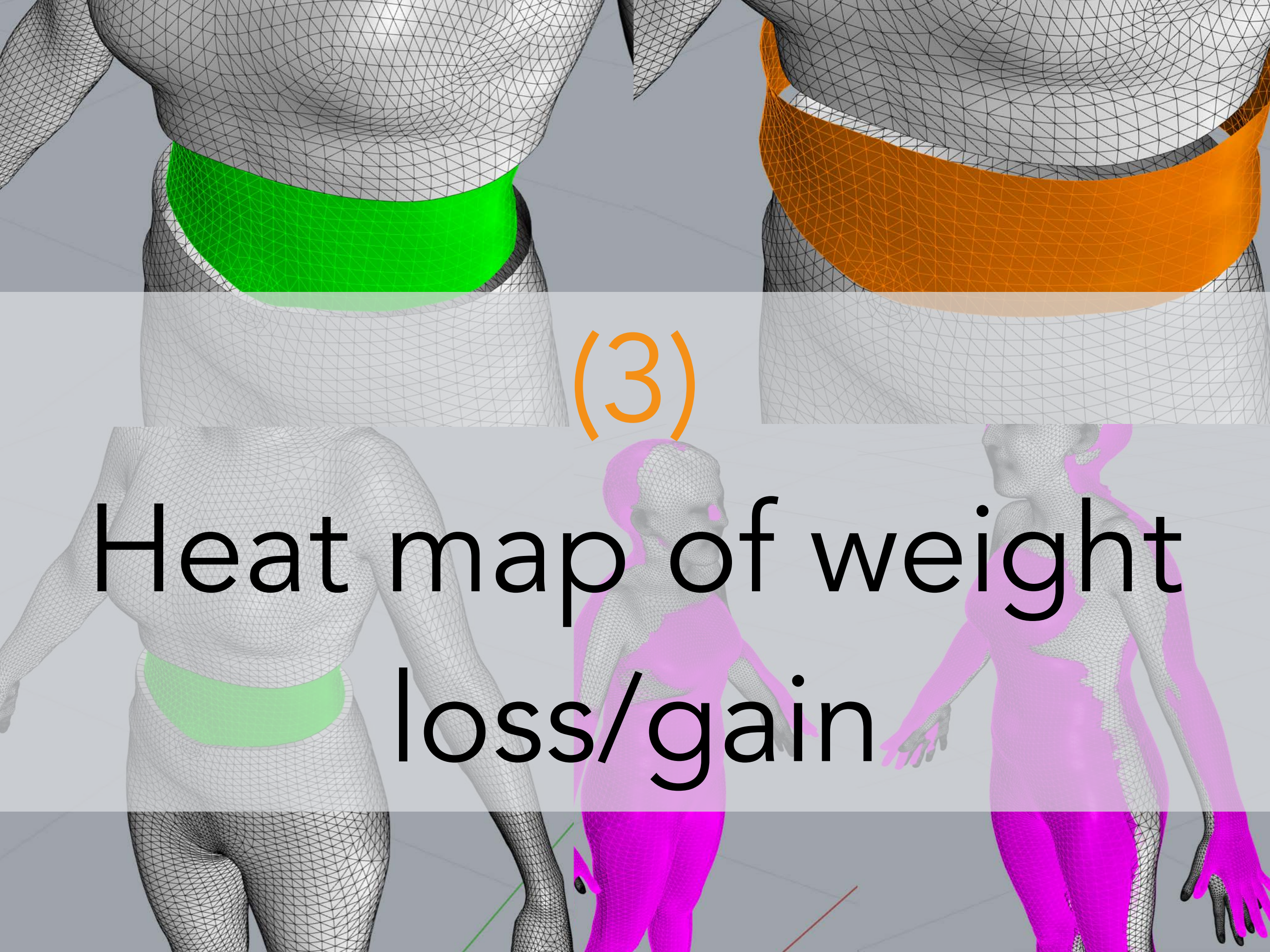






NEWS CAN

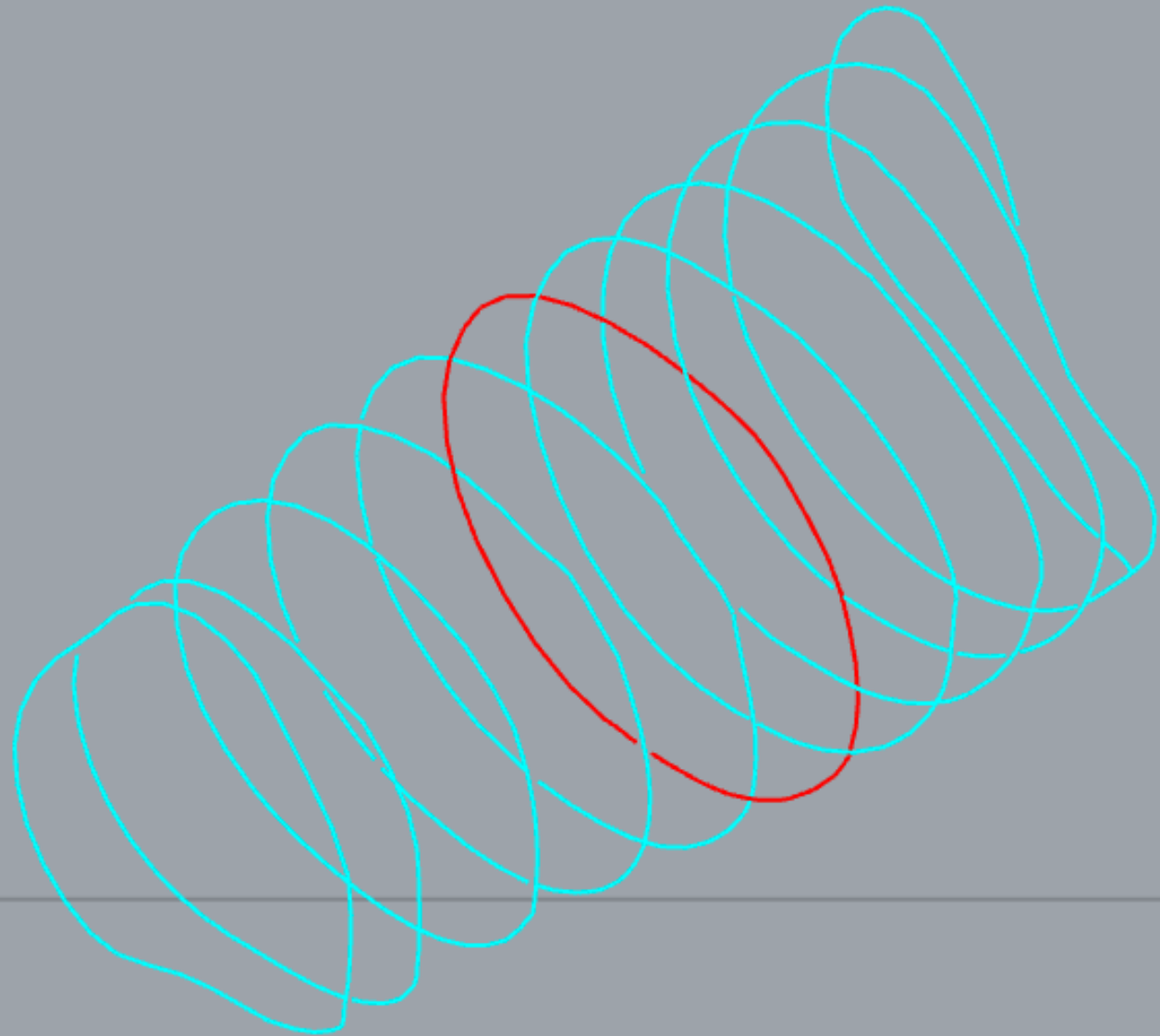
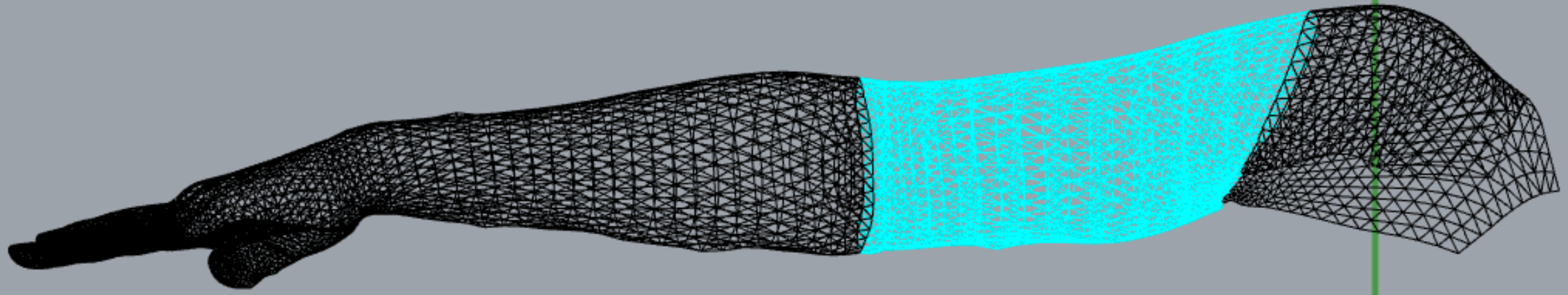




(3)

Heat map of weight loss/gain

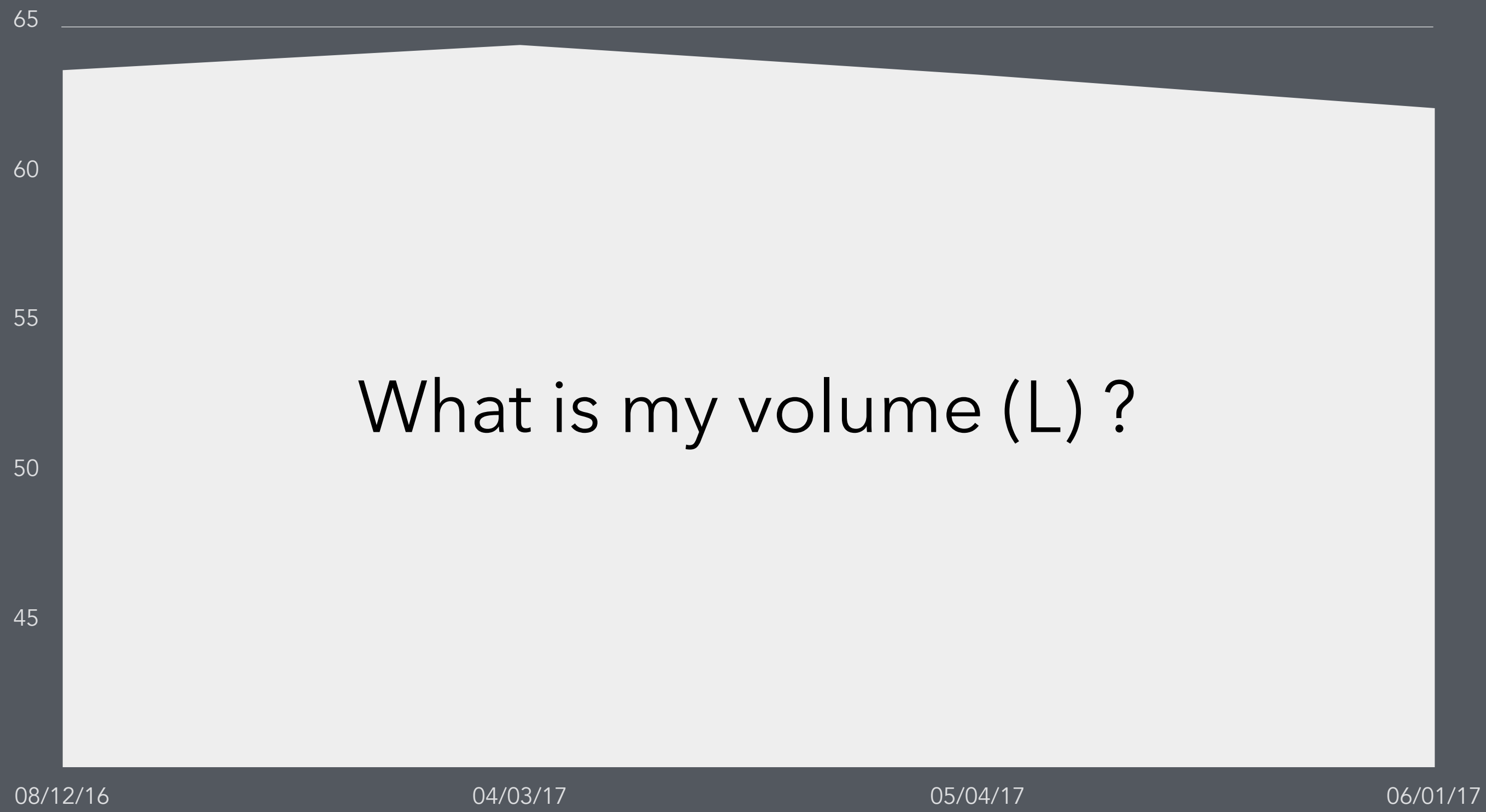




(4)

New data

Body Volume (L)



What is my volume (L) ?

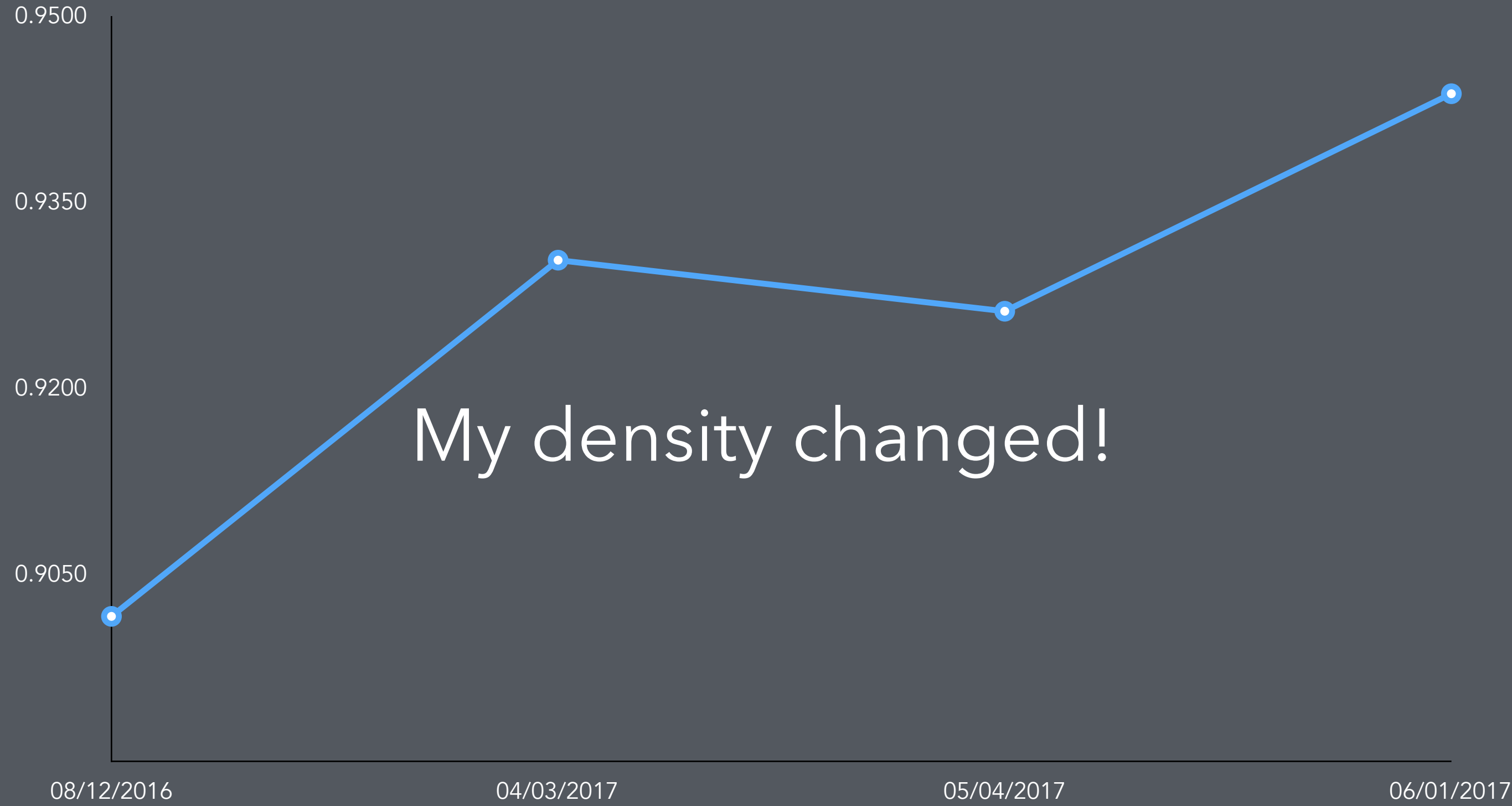
Body Volume (L)

Weight (kgs)



Why the difference?

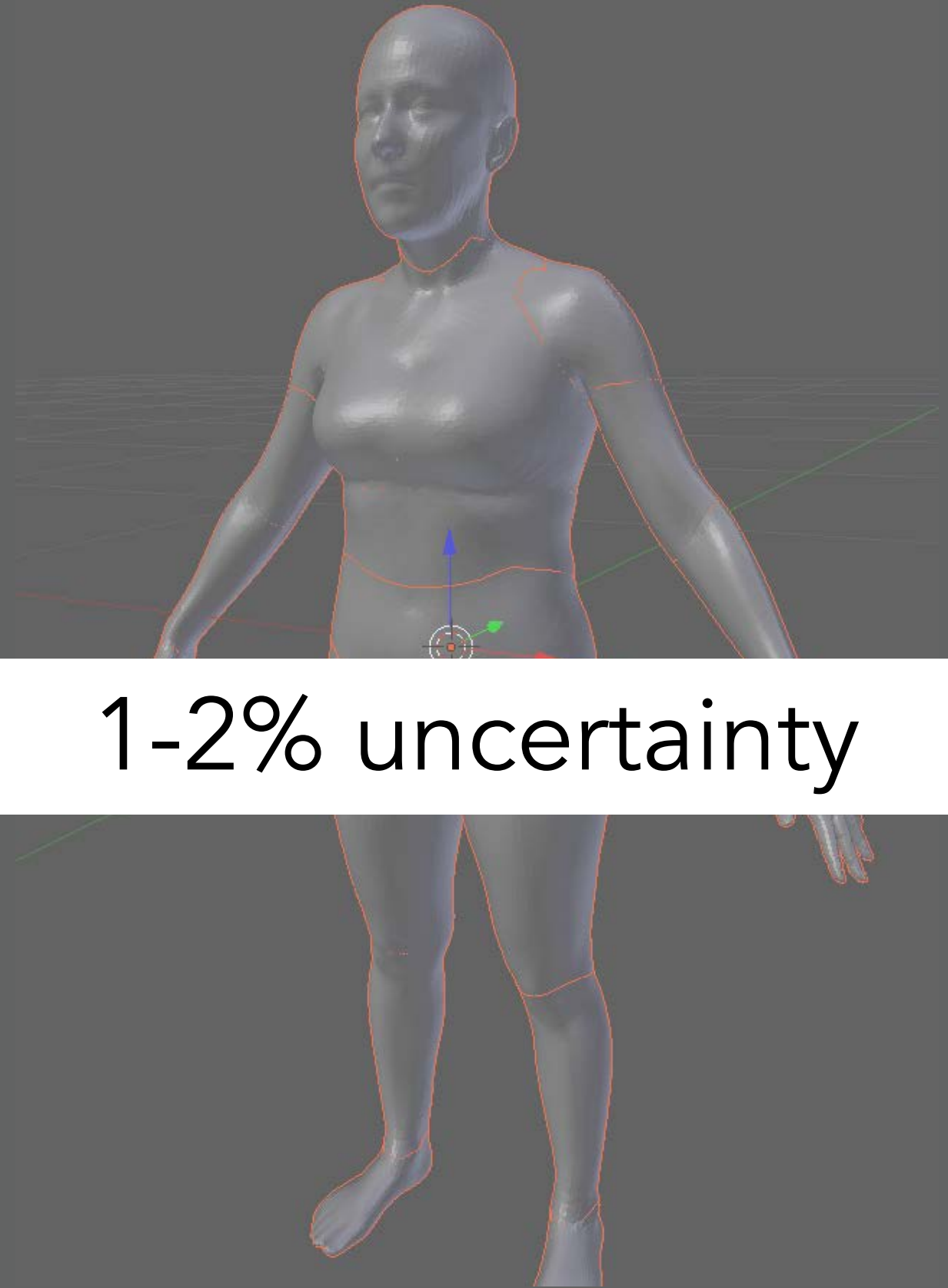
Body Density (= Weight / Volume)



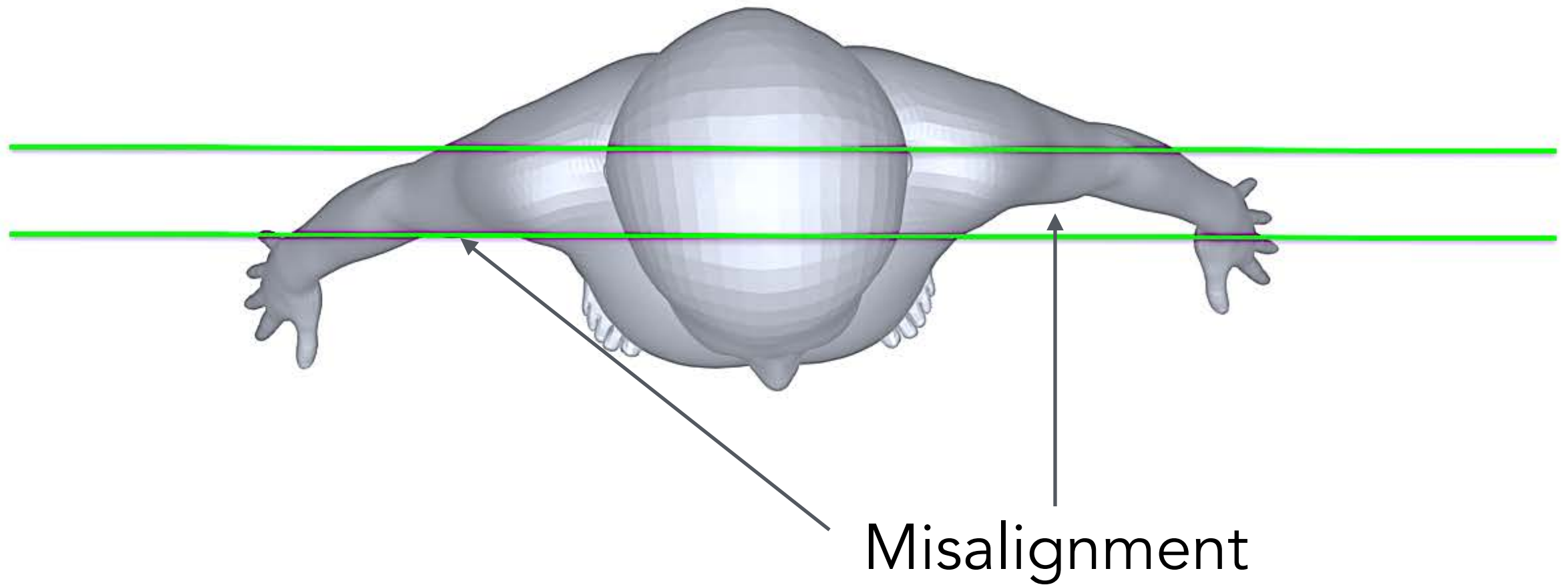


8-10% uncertainty

Body Fat



1-2% uncertainty



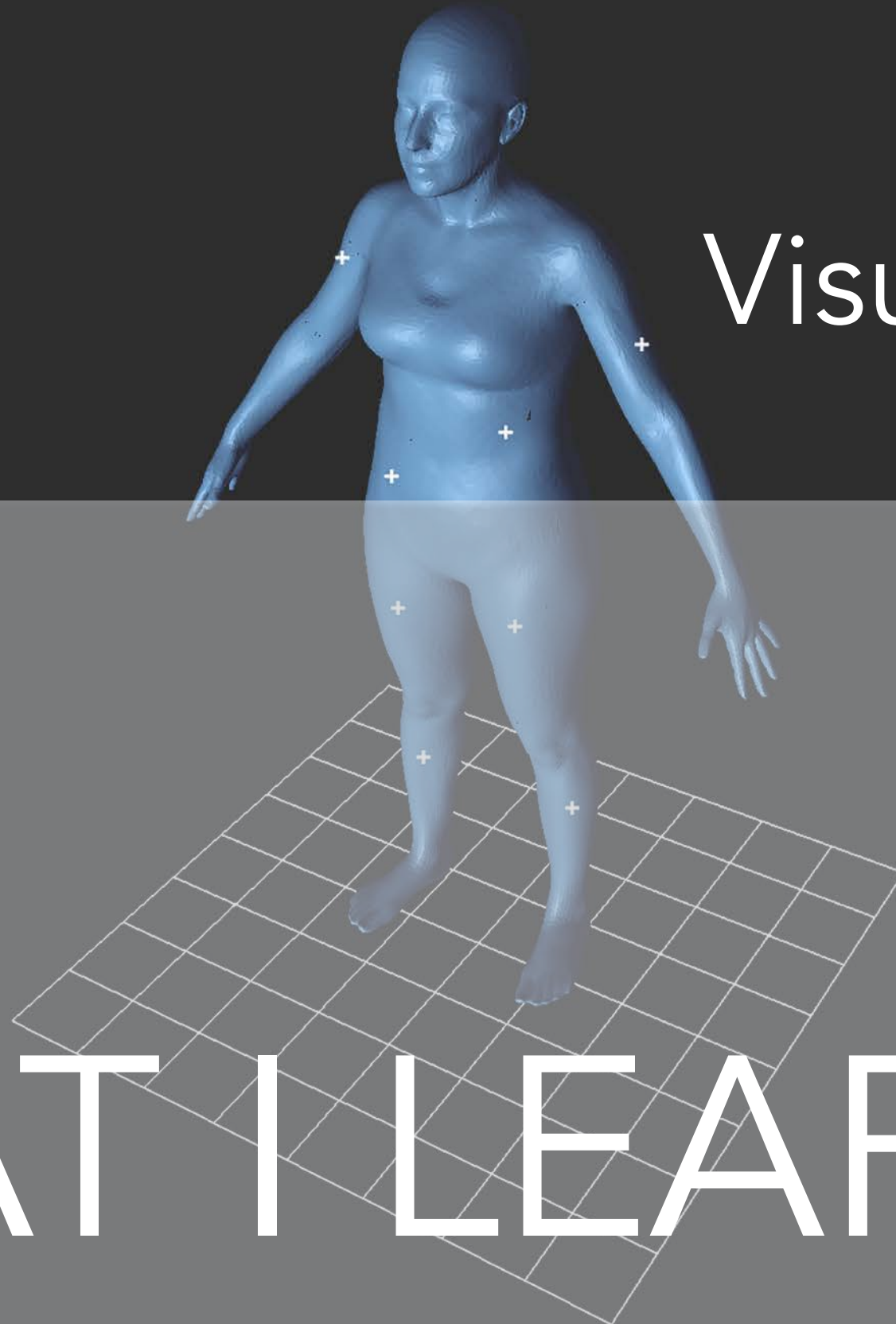
(5)

# Posture analysis

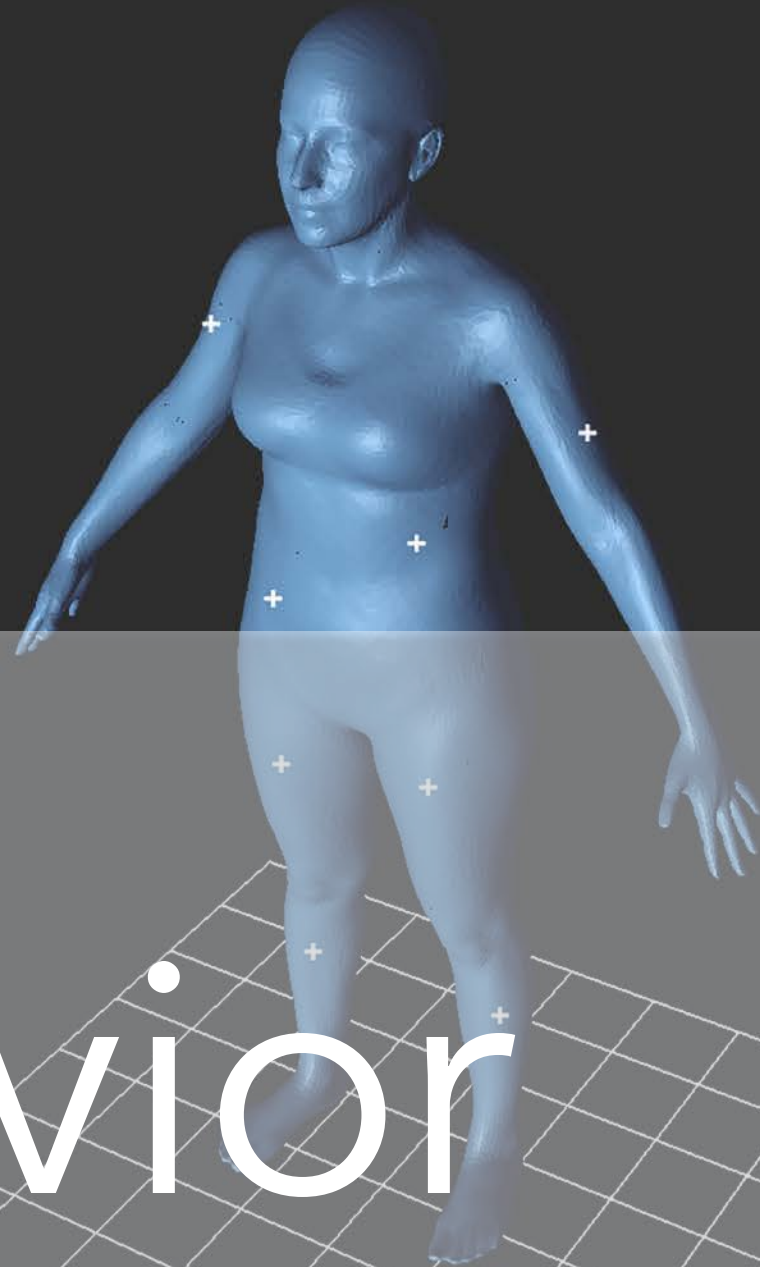


Tracking

Visualization



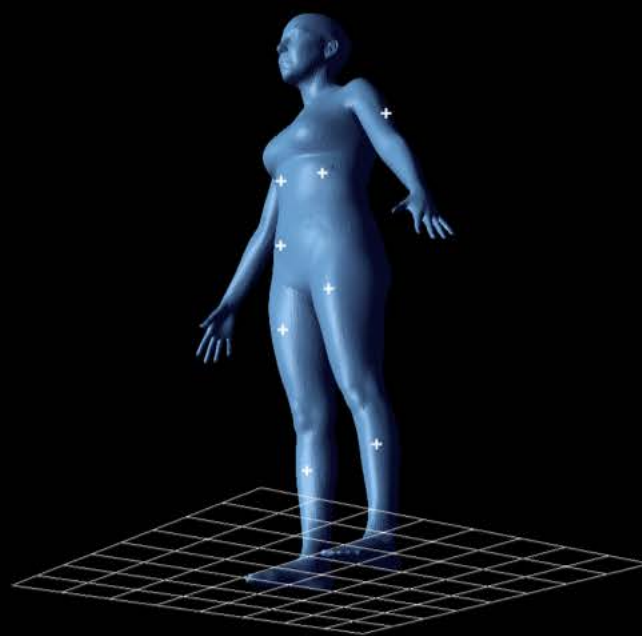
WHAT I LEARNED



# Behavior

Accountability

# NEXT STEPS



# Q&A

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