

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	2015.05.04. 09 :46

Body Composition Analysis

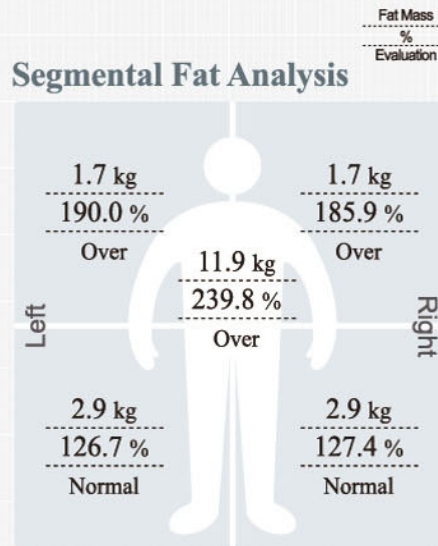
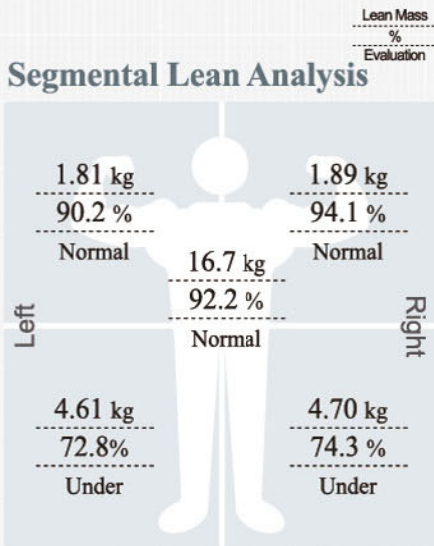
Total amount of water in body	Total Body Water	(L)	27.2 (27.0 ~ 33.0)
For building muscles	Protein	(kg)	7.1 (7.2 ~ 8.8)
For strengthening bones	Minerals	(kg)	2.74 (2.49 ~ 3.05)
For storing excess energy	Body Fat Mass	(kg)	22.1 (10.6 ~ 16.9)
Sum of the above	Weight	(kg)	59.1 (45.0 ~ 60.8)

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1	
SMM (kg) <small>Skeletal Muscle Mass</small>	70 80 90 100 110 120 130 140 150 160 170 %	19.3	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	22.1	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) <small>Body Mass Index</small>	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0	
PBF (%) <small>Percent Body Fat</small>	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	37.5	



* Segmental fat is estimated.

Body Composition History

	14.10.10 09:15	14.10.30 09:40	14.11.02 09:35	14.12.15 11:01	15.01.12 08:33	15.02.10 15:50	15.03.15 08:35	15.05.04 09:46
Weight	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg) <small>Skeletal Muscle Mass</small>	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.3
PBF (%) <small>Percent Body Fat</small>	41.3	40.7	39.2	39.0	39.4	38.6	37.8	37.5

Recent Total

InBody Score

66/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	52.9 kg
Weight Control	- 6.2 kg
Fat Control	- 10.0 kg
Muscle Control	+ 3.8 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.98 Low 0.75 0.85 High

Visceral Fat Level

13 Low 10 High

Research Parameters

Fat Free Mass	37.0 kg
Basal Metabolic Rate	1168 kcal
Obesity Degree	112 % (90~110)
Recommended calorie intake per day	1397 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Racketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	295	Racketball	295
Squash	295	Taekwondo	295

*Based on your current weight

*Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

	RA	LA	TR	RL	LL
Z_L(Ω) 20kHz	345.0	358.5	23.4	286.6	296.0
100kHz	322.0	335.5	21.2	273.2	282.6