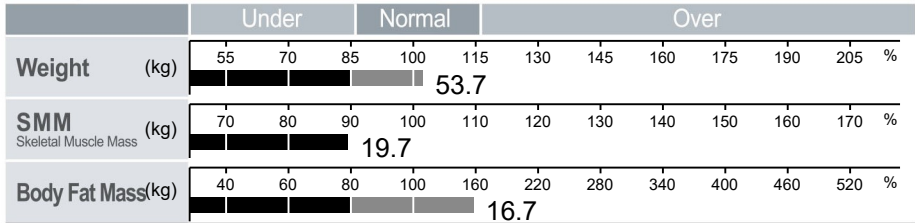


ID	Height	Age	Gender	Test Date / Time
050926-2	158cm	59	Female	12.10.2026. 09:11
(Lina Daher)				

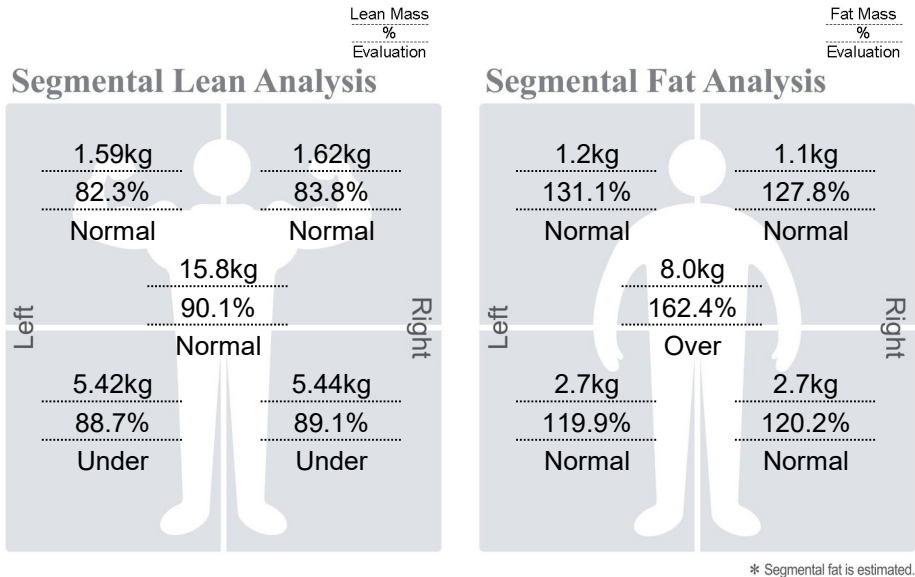
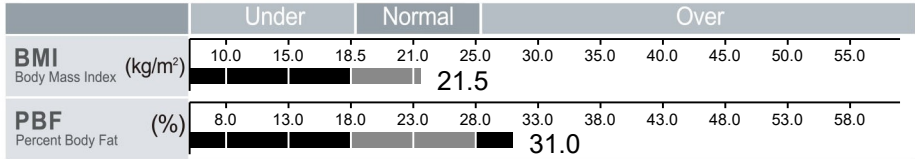
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	27.1 (26.7~32.7)
For building muscles	Protein	(kg)	7.2 (7.2~8.8)
For strengthening bones	Minerals	(kg)	2.74 (2.47~3.01)
For storing excess energy	Body Fat Mass	(kg)	16.7 (10.5~16.8)
Sum of the above	Weight	(kg)	53.7 (44.5~60.3)

Muscle-Fat Analysis

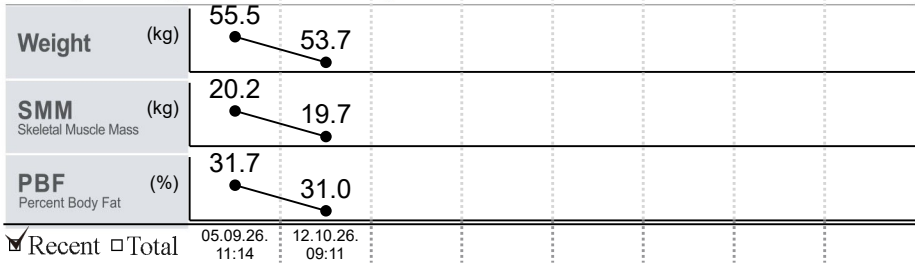


Obesity Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

72/100 Points

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

Weight Control

Target Weight	52.4 kg
Weight Control	- 1.3 kg
Fat Control	- 4.6 kg
Muscle Control	+ 3.3 kg

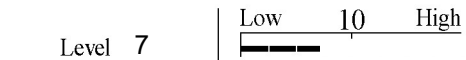
Obesity Evaluation

BMI	☒ Normal	☐ Under	☐ Slightly Over
PBF	☐ Normal	☒ Slightly Over	☐ Over

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	37.0 kg (36.3~44.4)
Basal Metabolic Rate	1170 kcal (1174~1352)
Obesity Degree	102 % (90~110)
SMI	5.6 kg/m²
Recommended calorie intake	1794 kcal

Calorie Expenditure of Exercise

Golf	95	Gateball	102
Walking	107	Yoga	107
Badminton	121	Table Tennis	121
Tennis	161	Bicycling	161
Boxing	161	Basketball	161
Mountain Climbing	175	Jumping Rope	188
Aerobics	188	Jogging	188
Soccer	188	Swimming	188
Japanese Fencing	269	Racketball	269
Squash	269	Taekwondo	269

*Based on your current weight
*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	435.4	441.7	24.6	297.4	298.9
100 kHz	398.5	407.9	21.8	270.7	272.5