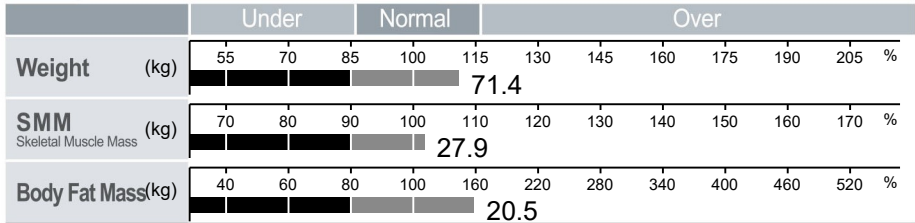


ID	Height	Age	Gender	Test Date / Time
221026-1	175cm	31	Female	22.10.2026. 16:46
(Lara BU Cheber)				

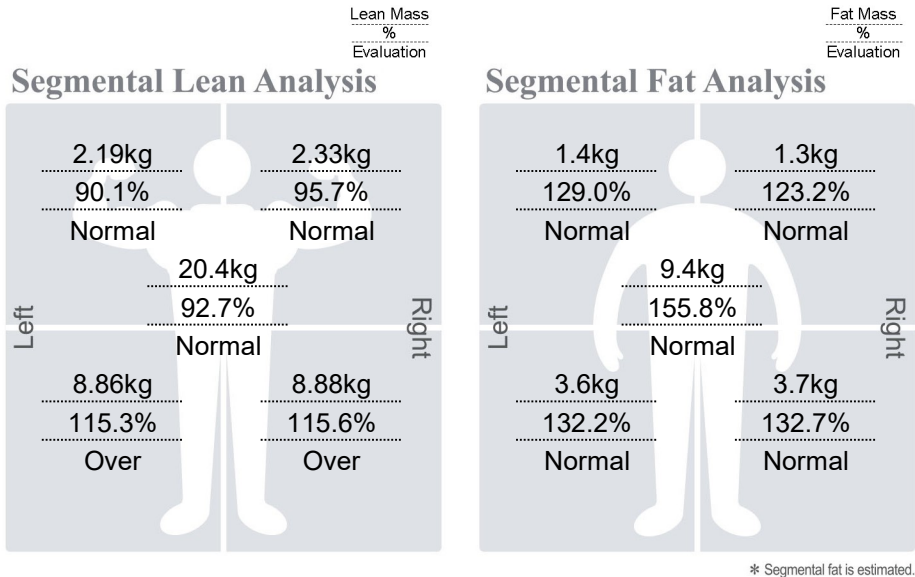
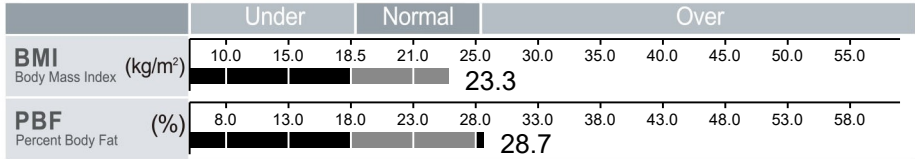
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	37.2 (32.8~40.0)
For building muscles	Protein	(kg)	10.0 (8.8~10.8)
For strengthening bones	Minerals	(kg)	3.71 (3.03~3.71)
For storing excess energy	Body Fat Mass	(kg)	20.5 (12.9~20.6)
Sum of the above	Weight	(kg)	71.4 (54.7~73.9)

Muscle-Fat Analysis



Obesity Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	71.4								
SMM (kg)	27.9								
PBF (%)	28.7								
Recent Total 22.10.26. 16:46									

InBody Score

76/100 Points

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

Weight Control

Target Weight	66.1 kg
Weight Control	- 5.3 kg
Fat Control	- 5.3 kg
Muscle Control	0.0 kg

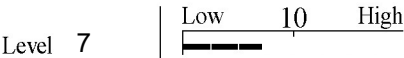
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	50.9 kg (44.6~54.5)
Basal Metabolic Rate	1470 kcal (1439~1676)
Obesity Degree	111 % (90~110)
SMI	7.3 kg/m²
Recommended calorie intake	2311 kcal

Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	143	Yoga	143
Badminton	161	Table Tennis	161
Tennis	214	Bicycling	214
Boxing	214	Basketball	214
Mountain Climbing	233	Jumping Rope	250
Aerobics	250	Jogging	250
Soccer	250	Swimming	250
Japanese Fencing	357	Racketball	357
Squash	357	Taekwondo	357

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	407.8	434.7	23.9	238.6	237.7
100 kHz	371.3	398.1	20.7	216.3	215.5