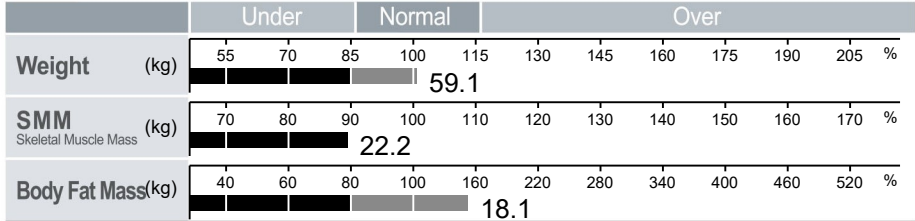


ID	Height	Age	Gender	Test Date / Time
231026-2	167cm	47	Female	23.10.2026. 11:07
(Nadine Kaafara...)				

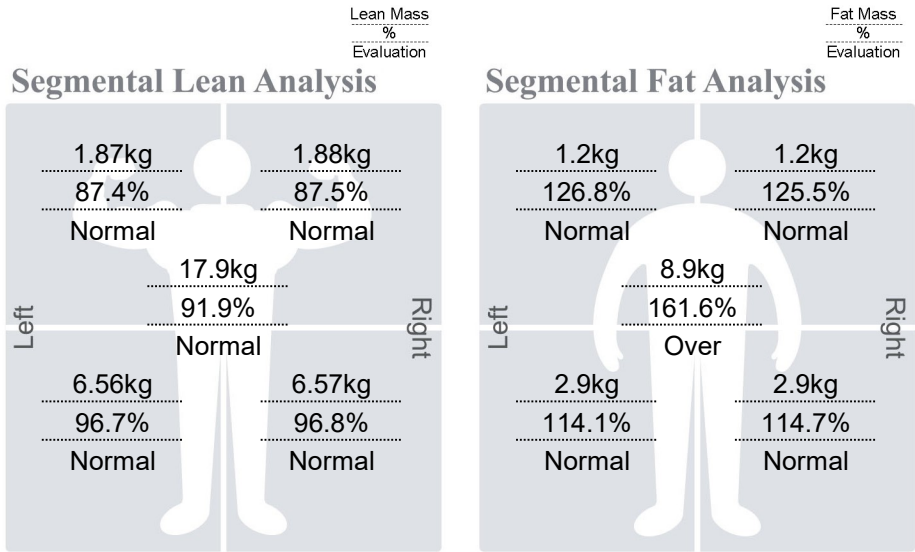
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	30.0 (29.8~36.4)
For building muscles	Protein	(kg)	8.0 (8.0~9.8)
For strengthening bones	Minerals	(kg)	2.99 (2.76~3.38)
For storing excess energy	Body Fat Mass	(kg)	18.1 (11.7~18.8)
Sum of the above	Weight	(kg)	59.1 (49.8~67.4)

Muscle-Fat Analysis



Obesity Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	59.1									
SMM (kg)	22.2									
PBF (%)	30.7									
Recent Total 23.10.26. 11:07										

InBody Score

71 / 100 Points

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

Weight Control

Target Weight	58.5 kg
Weight Control	- 0.6 kg
Fat Control	- 4.7 kg
Muscle Control	+ 4.1 kg

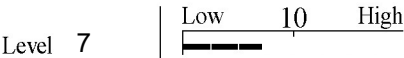
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	41.0 kg (40.6~49.6)
Basal Metabolic Rate	1255 kcal (1255~1451)
Obesity Degree	101 % (90~110)
SMI	6.1 kg/m²
Recommended calorie intake	2007 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Basketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	296	Racketball	296
Squash	296	Taekwondo	296

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	428.7	428.4	29.1	305.8	305.0
100 kHz	393.5	395.2	25.7	276.1	277.3