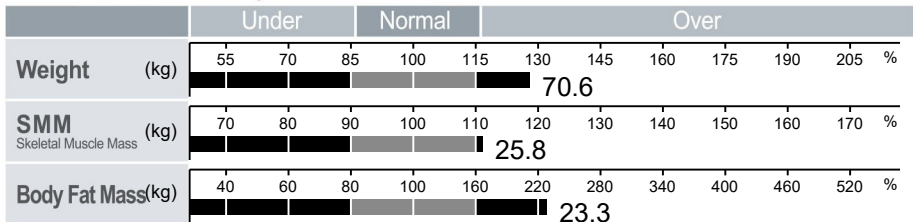


ID	Height	Age	Gender	Test Date / Time
201026-1 (boushra ballout)	162cm	69	Female	20.10.2026. 10:33

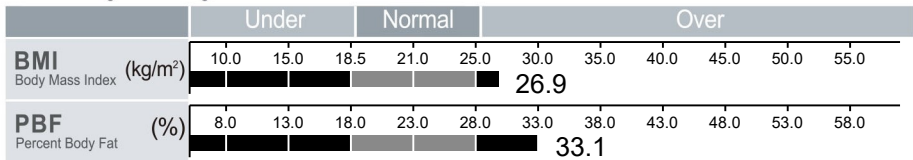
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	34.7 (28.1~34.3)
For building muscles	Protein	(kg)	9.2 (7.6~9.2)
For strengthening bones	Minerals	(kg)	3.37 (2.60~3.18)
For storing excess energy	Body Fat Mass	(kg)	23.3 (11.0~17.6)
Sum of the above	Weight	(kg)	70.6 (46.8~63.4)

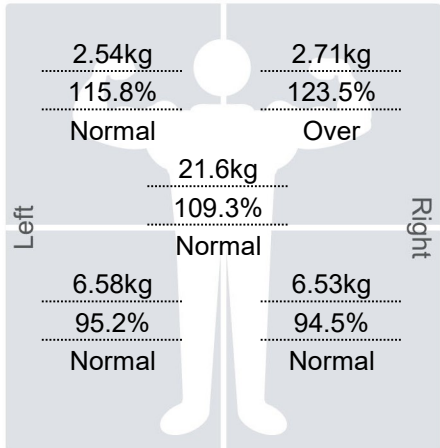
Muscle-Fat Analysis



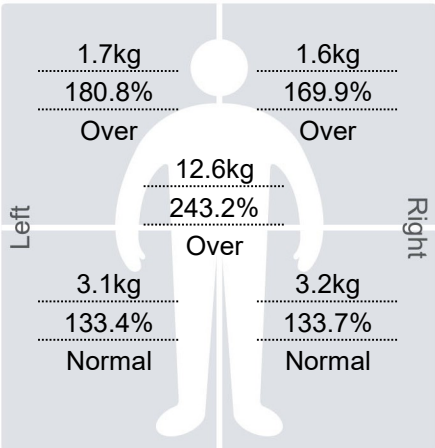
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated

Body Composition History

Weight (kg)	70.6
SMM Skeletal Muscle Mass (kg)	25.8
PBF Percent Body Fat (%)	33.1

☒ Recent ☐ Total

20.10.26.
10:33

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	61.4 kg
Weight Control	- 9.2 kg
Fat Control	- 9.2 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI ☐ Normal ☐ Under ☒ Slightly Over ☐ Over

PBF ☐ Normal ☐ Slightly Over ☒ Over

Waist-Hip Ratio

0.96



Visceral Fat Level

Level 11	Low 10 High
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Research Parameters

Fat Free Mass	47.3	kg	(38.2~46.7)
Basal Metabolic Rate	1391	kcal	(1427~1662)
Obesity Degree	128	%	(90~110)
SMI	7.0	kg/m ²	
Recommended calorie intake	1894	kcal	

Calorie Expenditure of Exercise

Golf	124	Gateball	134
Walking	141	Yoga	141
Badminton	160	Table Tennis	160
Tennis	212	Bicycling	212
Boxing	212	Basketball	212
Mountain Climbing	230	Jumping Rope	247
Aerobics	247	Jogging	247
Soccer	247	Swimming	247
Japanese Fencing	353	Racketball	353
Squash	353	Taekwondo	353

*Based on your current weight

*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z (Ω) 20 kHz	306.2	326.6	20.4	262.5	257.1
100 kHz	277.6	299.9	18.2	238.2	233.6