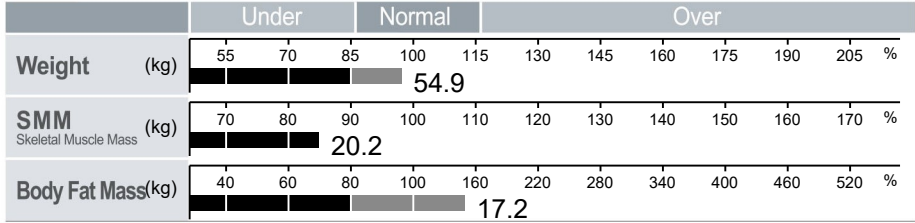


ID	Height	Age	Gender	Test Date / Time
241026-1	164cm	57	Female	24.10.2026. 08:07
(Gabrielle Ladk...)				

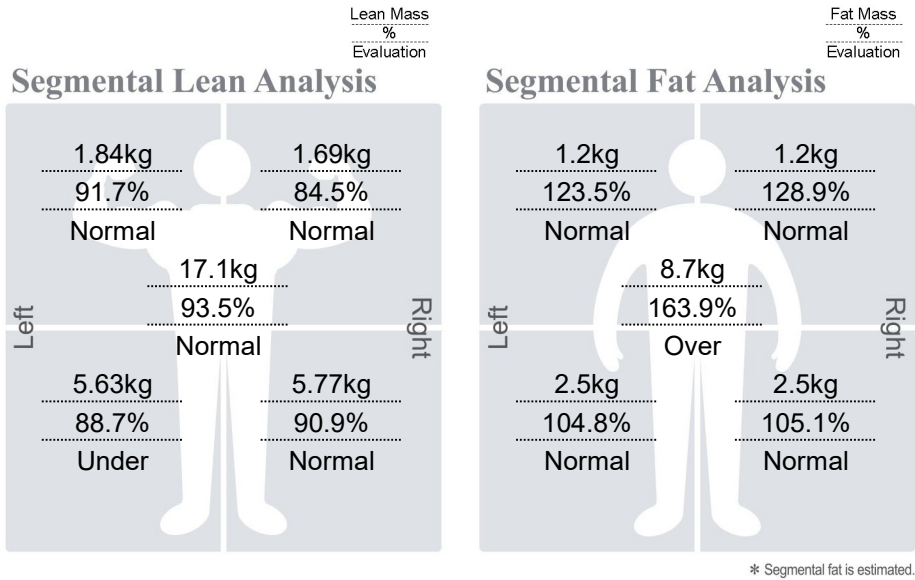
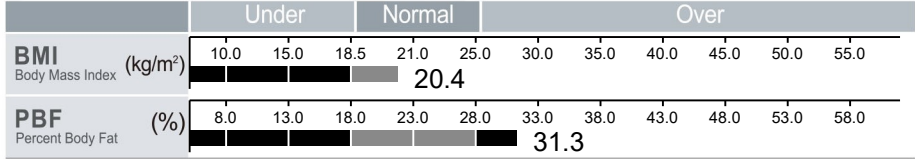
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	27.7 (28.8~35.2)
For building muscles	Protein	(kg)	7.3 (7.7~9.5)
For strengthening bones	Minerals	(kg)	2.66 (2.66~3.26)
For storing excess energy	Body Fat Mass	(kg)	17.2 (11.3~18.1)
Sum of the above	Weight	(kg)	54.9 (48.0~65.0)

Muscle-Fat Analysis

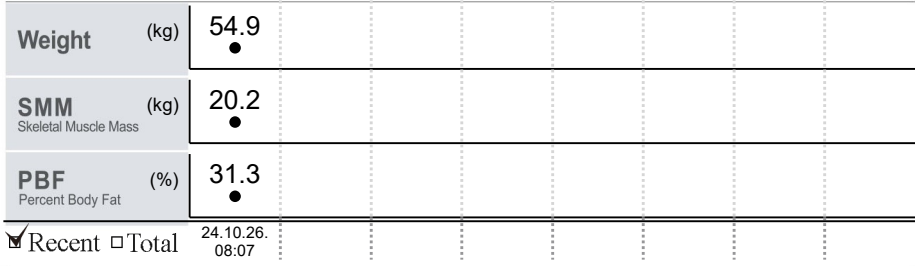


Obesity Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

70/100 Points

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

Weight Control

Target Weight	56.5 kg
Weight Control	+ 1.6 kg
Fat Control	- 4.2 kg
Muscle Control	+ 5.8 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	37.7 kg (39.1~47.8)
Basal Metabolic Rate	1185 kcal (1192~1374)
Obesity Degree	97 % (90~110)
SMI	5.6 kg/m²
Recommended calorie intake	2119 kcal

Calorie Expenditure of Exercise

Golf	97	Gateball	104
Walking	110	Yoga	110
Badminton	124	Table Tennis	124
Tennis	165	Bicycling	165
Boxing	165	Basketball	165
Mountain Climbing	179	Jumping Rope	192
Aerobics	192	Jogging	192
Soccer	192	Swimming	192
Japanese Fencing	275	Racketball	275
Squash	275	Taekwondo	275

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	438.5	404.1	30.2	329.7	348.7
100 kHz	406.2	375.3	27.6	300.4	316.4