

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	2018.04.03. 09 : 46

www.inbody.com

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	26.5 (26.4 ~ 32.2)
For building muscles	Protein	(kg)	7.2 (7.0 ~ 8.6)
For strengthening bones	Minerals	(kg)	2.64 (2.44 ~ 2.98)
For storing excess energy	Body Fat Mass	(kg)	22.8 (10.3 ~ 16.5)
Sum of the above	Weight	(kg)	59.1 (43.9 ~ 59.5)

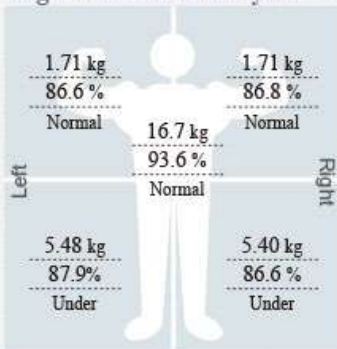
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205	59.1	
SMM (kg)	70 80 90 100 110 120 130 140 150 160 170	19.6	
Body Fat Mass (kg)	40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 520	22.8	

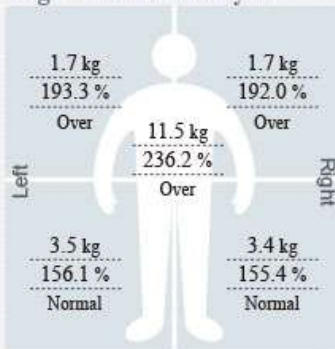
Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0	
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	38.6	

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	Weight	SMM (kg)	PBF (%)
17.10.10 09:15	65.3	20.1	41.3
17.10.30 09:40	63.9	20.0	40.7
17.11.02 09:35	62.4	19.7	39.2
17.12.15 11:01	61.8	19.7	39.0
18.01.12 08:33	62.3	19.8	39.4
18.02.10 15:50	60.9	19.7	38.6
18.03.15 08:35	60.5	19.8	37.8
18.04.03 09:46	59.1	19.6	38.6

☒ Recent ☐ Total

InBody Score

66/100 Points

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

Weight Control

Target Weight	51.7 kg
Weight Control	- 7.4 kg
Fat Control	- 10.9 kg
Muscle Control	+ 3.5 kg

Obesity Evaluation

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

Waist-Hip Ratio

0.91	0.75 0.85
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Visceral Fat Level

11	Low 10 High
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Research Parameters

Fat Free Mass	36.3 kg
Basal Metabolic Rate	1154 kcal (1255 ~ 1451)
Obesity Degree	114 % (90 ~ 110)
SMI	5.8 kg/m ²
Recommended calorie intake per day	1397 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Racketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	206	Racketball	206
Squash	206	Taekwondo	206

*Based on your current weight

*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	443.8	444.0	29.0	340.7	330.6
100 kHz	407.3	408.8	26.6	299.5	289.8