

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	05.30.2025 11:16

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	28.1 (27.0 ~ 33.0)
For building muscles	Protein	(kg)	7.4 (7.2 ~ 8.8)
For strengthening bones	Minerals	(kg)	2.76 (2.49 ~ 3.05)
For storing excess energy	Body Fat Mass	(kg)	20.8 (10.6 ~ 16.9)
Sum of the above	Weight	(kg)	59.1 (45.0 ~ 60.8)

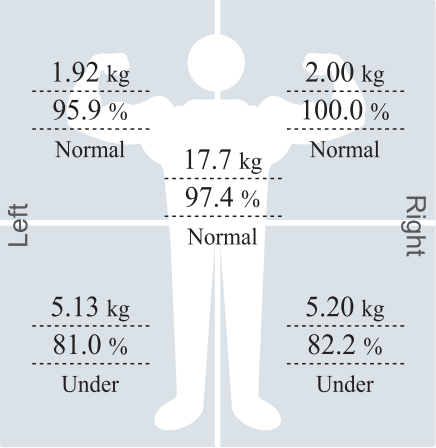
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1	
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	20.4	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	20.8	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m2) Body Mass Index	10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0	
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	35.2	

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg) Skeletal Muscle Mass	20.1	20.0	19.7	19.7	19.8	19.7	19.8	20.4
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.8	35.2
Recent Total	01.01.25 09:15	01.30.25 09:40	02.20.25 09:35	03.15.25 11:10	04.12.25 08:33	04.28.25 15:10	05.15.25 08:40	05.30.25 11:16

InBody Score

69 / 100 Points

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

Whole Body Phase Angle

$\phi(^{\circ})$ 50 kHz	4.3	4.4	4.2	4.1	4.3
	03.15.25 11:10	04.12.25 08:33	04.28.25 15:10	05.15.25 08:40	05.30.25 11:16

Weight Control

Target Weight	53.0 kg
Weight Control	- 6.1 kg
Fat Control	- 8.6 kg
Muscle Control	+ 2.5 kg

Waist-Hip Ratio

0.96	0.75 0.85
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Visceral Fat Level

11	Low 10 High
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Reasearch Parameters

Fat Free Mass	38.3 kg (36.7 ~ 44.8)
Basal Metabolic Rate	1197 kcal (1255 ~ 1451)
Obesity Degree	112 % (90 ~ 110)
Recommended calorie intake	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	295	Racketball	295
Squash	295	Taekwondo	295

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

Sarcopenia Parameters

SMI	5.8 kg/m ² (< 5.7)
HGS	15.8 kg (< 18.0)

Impedance

