

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	02.22.2025 13 : 51

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	27.9 (27.0 ~ 33.0)	27.9	35.6 (34.7 ~ 42.3)	37.8 (36.7 ~ 44.8)	59.1 (45.0 ~ 60.8)
Protein (kg)	7.2 (7.2 ~ 8.8)				
Minerals (kg)	2.65 (2.49 ~ 3.05)	non-osseous			
Body Fat Mass (kg)	21.3 (10.6 ~ 16.9)				

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 %	19.9	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	21.3	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) 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	36.1	

Segmental Lean Analysis

	Under	Normal	Over
Right Arm (kg) (%)	40 60 80 100 120 140 160 180 200 220 240 %	2.02 100.7	
Left Arm (kg) (%)	40 60 80 100 120 140 160 180 200 220 240 %	1.94 96.7	
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 160 170 %	17.8 97.9	
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 160 170 %	5.21 82.3	
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 160 170 %	5.13 81.1	

ECW Ratio-Phase Angle

	Under	Normal	Over	Phase Angle ϕ
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430	0.397		4.3°

Body Composition History

Weight (kg)	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	19.4	19.8	19.5	19.8	19.9
BFM (kg) Body Fat Mass	23.5	23.1	22.7	22.4	22.9	22.3	22.2	21.3
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.7	36.1
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.399	0.397
Recent Total	02.21.23 15:11	03.27.23 14:58	04.20.23 15:02	06.23.23 15:23	07.21.23 15:00	10.19.23 14:52	02.20.24 15:12	02.22.25 13:51

InBody Score

68 / 100 Points

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

Whole Body Phase Angle

4.3 °

4.3	4.4	4.2	4.1	4.3
06.23.23 15:23	07.21.23 15:00	10.19.23 14:52	02.20.24 15:12	02.22.25 13:51

Weight Control

Target Weight	52.9 kg
Weight Control	-6.2 kg
Fat Control	-9.2 kg
Muscle Control	+3.0 kg

Nutrition Evaluation

Protein	☒ Normal ☐ Deficient
Minerals	☒ Normal ☐ Deficient
Body Fat	☐ Normal ☐ Deficient ☒ Excessive

Body Balance Evaluation

Upper	☒ Balanced ☐ Slightly Unbalanced ☐ Extremely Unbalanced
Lower	☒ Balanced ☐ Slightly Unbalanced ☐ Extremely Unbalanced
Upper-Lower	☐ Balanced ☒ Slightly Unbalanced ☐ Extremely Unbalanced

Research Parameters

Intracellular Water	16.8 L	(16.7 ~ 20.5)
Extracellular Water	11.1 L	(10.3 ~ 12.5)
Basal Metabolic Rate	1186 kcal	(1255 ~ 1451)
Waist-Hip Ratio	0.97	(0.75 ~ 0.85)
Visceral Fat Level	12	(1 ~ 9)
Obesity Degree	112 %	(90 ~ 110)
Bone Mineral Content	2.20 kg	(2.05 ~ 2.51)
Body Cell Mass	24.0 kg	(23.9 ~ 29.3)

Sarcopenia Parameters

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

SMI

5.8 kg/m²

5.4	5.5	5.4	5.9	5.8
06.23.23 15:23	07.21.23 15:00	10.19.23 14:52	02.20.24 15:12	02.22.25 13:51

Impedance

