

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.8cm	51	Female	05.30.2025 11 : 13

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	27.8 (26.9 ~ 32.9)	27.8	35.5 (34.6 ~ 42.2)	37.7 (36.6 ~ 44.8)	59.1 (45.0 ~ 60.8)
Protein (kg)	7.3 (7.2 ~ 8.8)	non-osseous			
Minerals (kg)	2.65 (2.49 ~ 3.05)				
Body Fat Mass (kg)	21.4 (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 %	21.4	

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	ECW Ratio
Right Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	2.01 100.2		0.380
Left Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	1.92 96.1		0.382
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	17.7 97.7		0.398
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.23 82.7		0.398
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.16 81.6		0.399

ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.396	

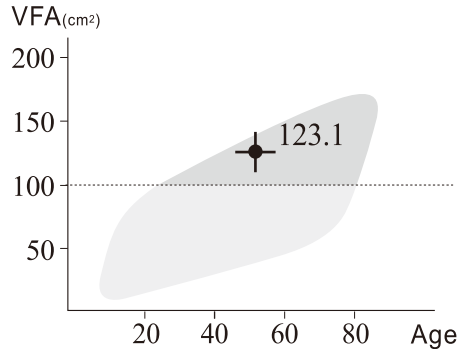
Body Composition History

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	19.7	19.8	19.7	19.8	19.9
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.1
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.396
☒ Recent ☐ Total	07.21.24 15:11	08.27.24 14:58	09.20.24 15:02	11.23.24 15:23	12.21.24 15:00	02.19.25 14:52	03.20.25 15:12	05.30.25 11:13

InBody Score

69 / 100 Points
* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Visceral Fat Area



Weight Control

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

Segmental Fat Analysis

Right Arm (1.5kg)	170.1%
Left Arm (1.6kg)	176.3%
Trunk (11.4kg)	229.3%
Right Leg (2.9kg)	127.7%
Left Leg (2.9kg)	127.2%

Research Parameters

Intracellular Water 16.8 L (16.6~20.4)
Extracellular Water 11.0 L (10.3~12.5)
Basal Metabolic Rate 1185 kcal (1255~1451)

Whole Body Phase Angle

φ(°) 50 kHz | 4.3°

Sarcopenia Parameters

SMI 5.8 kg/m² (< 5.7)
HGS 15.8 kg (< 18.0)

Impedance

