

ID	Height	Age	Gender	Test Date / Time
050926-2 (Lina Daher)	158cm	59	Female	05.09.2026. 11:14

Body Composition Analysis

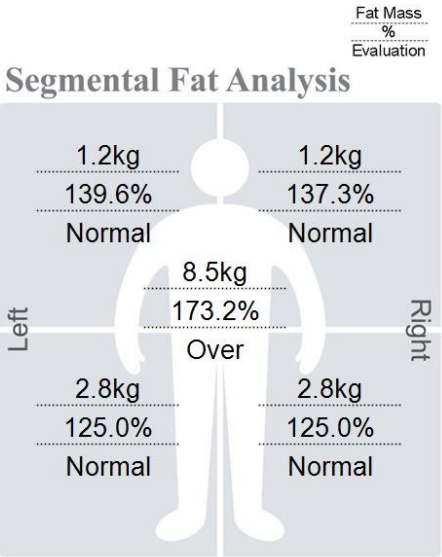
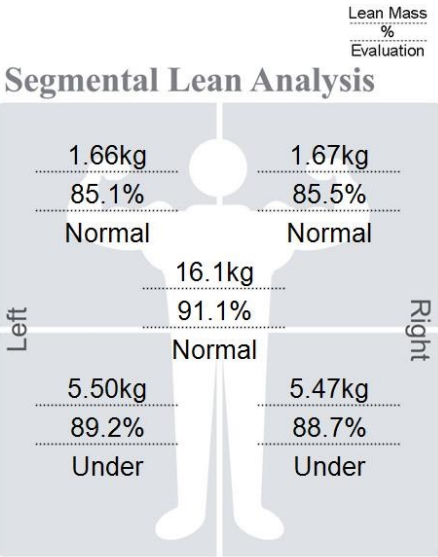
Total amount of water in body	Total Body Water	(L)	27.7 (26.7~32.7)
For building muscles	Protein	(kg)	7.3 (7.2~8.8)
For strengthening bones	Minerals	(kg)	2.85 (2.47~3.01)
For storing excess energy	Body Fat Mass	(kg)	17.6 (10.5~16.8)
Sum of the above	Weight	(kg)	55.5 (44.5~60.3)

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	55.5	
SMM (kg)	70 80 90 100 110 120 130 140 150 160 170 %	20.2	
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 520 %	17.6	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	22.2	
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	31.7	



* Segmental fat is estimated.

Body Composition History

Weight (kg)	55.5									
SMM (kg)	20.2									
PBF (%)	31.7									
Recent Total		05.09.26. 11:14								

InBody Score

72/100 Points

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

Weight Control

Target Weight	52.4 kg
Weight Control	- 3.1 kg
Fat Control	- 5.5 kg
Muscle Control	+ 2.4 kg

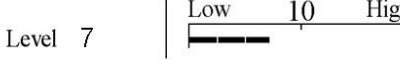
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	37.9 kg (36.3~44.4)
Basal Metabolic Rate	1189 kcal (1201~1385)
Obesity Degree	106 % (90~110)
SMI	5.7 kg/m²
Recommended calorie intake	1813 kcal

Calorie Expenditure of Exercise

Golf	98	Gateball	105
Walking	111	Yoga	111
Badminton	125	Table Tennis	125
Tennis	167	Bicycling	167
Boxing	167	Basketball	167
Mountain Climbing	181	Jumping Rope	194
Aerobics	194	Jogging	194
Soccer	194	Swimming	194
Japanese Fencing	278	Racketball	278
Squash	278	Taekwondo	278

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	425.7	426.4	23.2	292.5	288.6
100 kHz	392.0	395.8	21.2	264.8	261.6