InBody

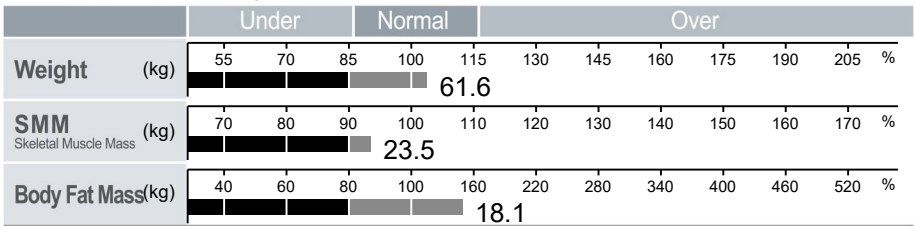
[InBody270]

ID	Height	Age	Gender	Test Date / Time
301026-1 (Zeina Abdallah)	168cm	34	Female	30.10.2026. 10:51

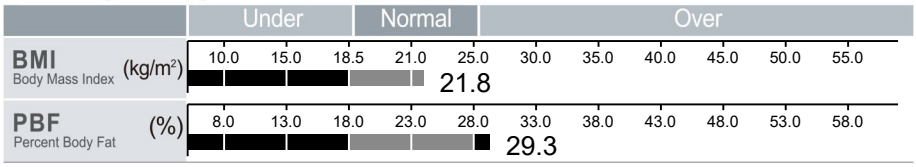
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	31.9	(30.1~36.8)
For building muscles	**Protein**	(kg)	8.4	(8.1~9.9)
For strengthening bones	**Minerals**	(kg)	3.22	(2.79~3.41)
For storing excess energy	**Body Fat Mass**	(kg)	18.1	(11.9~19.0)
Sum of the above	**Weight**	(kg)	61.6	(50.4~68.2)

Muscle-Fat Analysis

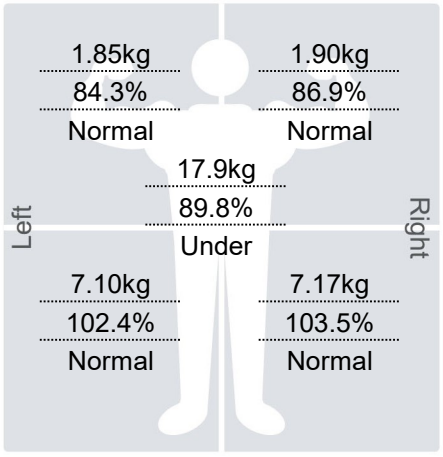


Obesity Analysis



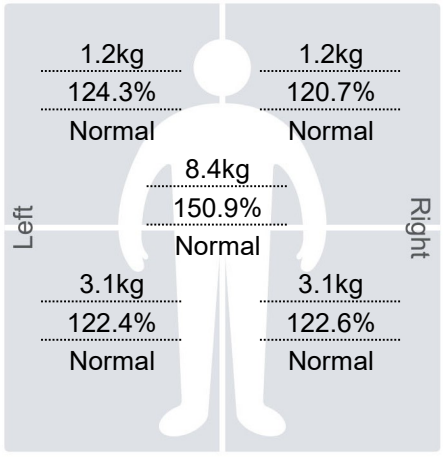
Lean Mass % Evaluation

Segmental Lean Analysis



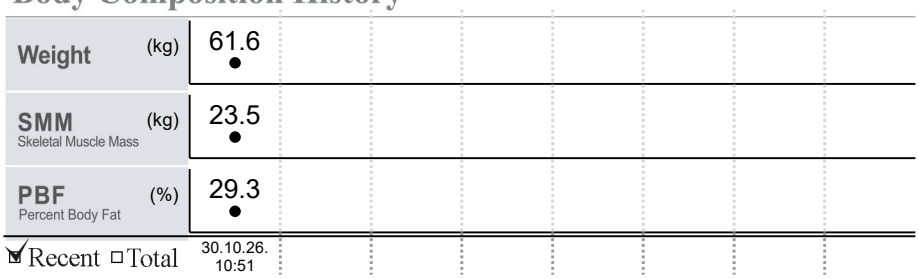
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

73 / 100 Points

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

Weight Control

Target Weight	59.3 kg
Weight Control	- 2.3 kg
Fat Control	- 4.4 kg
Muscle Control	+ 2.1 kg

Obesity Evaluation

BMI	☑ Normal	☐ Under	☐ Slightly Over ☐ Over
PBF	☐ Normal	☑ Slightly Over	☐ Over

Waist-Hip Ratio

0.81 (0.75 – 0.85)

Visceral Fat Level

Level 7 (Low 10 High)

Research Parameters

Fat Free Mass	43.5 kg	(41.1~50.2)
Basal Metabolic Rate	1311 kcal	(1292~1497)
Obesity Degree	104 %	(90~110)
SMI	6.4 kg/m²	
Recommended calorie intake	2131 kcal	

Calorie Expenditure of Exercise

Golf	108	Gateball	117
Walking	123	Yoga	123
Badminton	139	Table Tennis	139
Tennis	185	Bicycling	185
Boxing	185	Basketball	185
Mountain Climbing	201	Jumping Rope	216
Aerobics	216	Jogging	216
Soccer	216	Swimming	216
Japanese Fencing	308	Racketball	308
Squash	308	Taekwondo	308

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	431.5	443.8	24.5	262.6	267.1
100 kHz	395.6	409.7	21.5	240.3	243.1