InBody

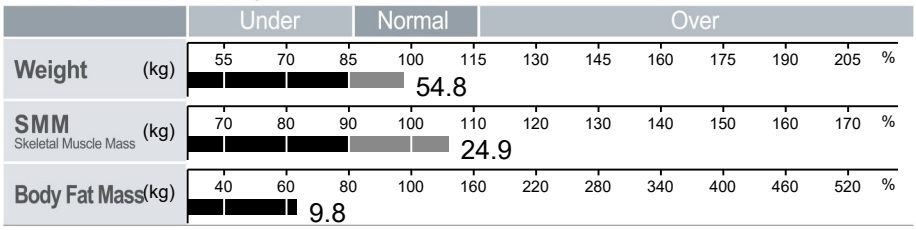
[InBody270]

ID	Height	Age	Gender	Test Date / Time
291026-1 (Dania Taha)	163cm	33	Female	29.10.2026. 15:22

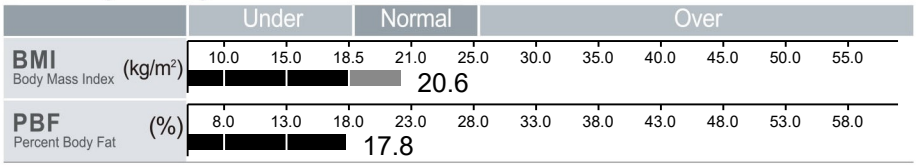
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	33.0 (	28.4~34.8)
For building muscles	**Protein**	(kg)	8.9 (	7.7~9.4)
For strengthening bones	**Minerals**	(kg)	3.14 (	2.63~3.21)
For storing excess energy	**Body Fat Mass**	(kg)	9.8 (	11.2~17.9)
Sum of the above	**Weight**	(kg)	54.8 (	47.4~64.2)

Muscle-Fat Analysis

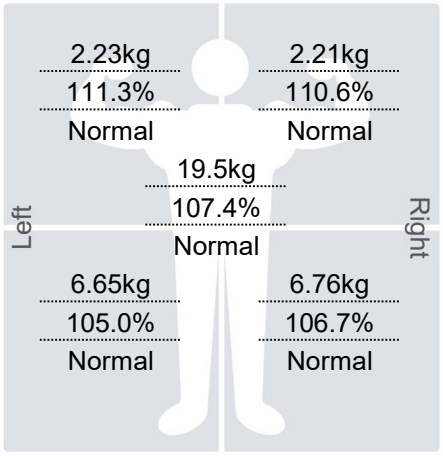


Obesity Analysis



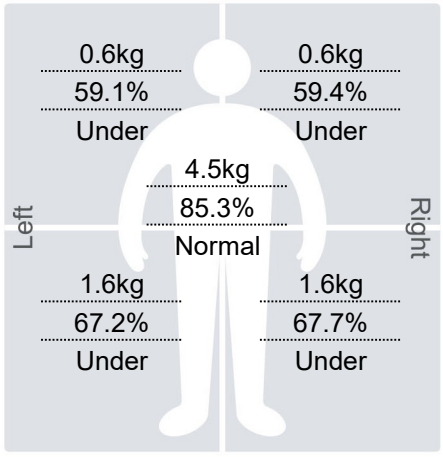
Lean Mass % Evaluation

Segmental Lean Analysis



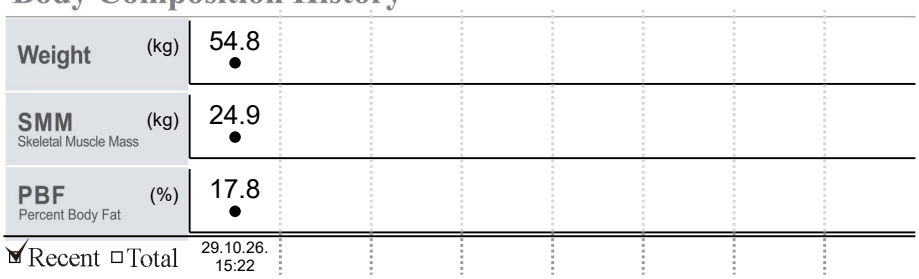
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

81 /100 Points

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

Weight Control

Target Weight	55.8 kg
Weight Control	+ 1.0 kg
Fat Control	+ 1.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI ☑ Normal ☐ Under ☐ Slightly Over ☐ Over

PBF ☑ Normal ☐ Slightly Over ☐ Over

Waist-Hip Ratio

0.82 (0.75 – 0.85)

Visceral Fat Level

Level 3 (Low – 10 – High)

Research Parameters

Fat Free Mass	45.0 kg	(38.7~47.3)
Basal Metabolic Rate	1343 kcal	(1190~1373)
Obesity Degree	98 %	(90~110)
SMI	6.7 kg/m²	
Recommended calorie intake	2026 kcal	

Calorie Expenditure of Exercise

Golf	96	Gateball	104
Walking	110	Yoga	110
Badminton	124	Table Tennis	124
Tennis	164	Bicycling	164
Boxing	164	Basketball	164
Mountain Climbing	179	Jumping Rope	192
Aerobics	192	Jogging	192
Soccer	192	Swimming	192
Japanese Fencing	274	Racketball	274
Squash	274	Taekwondo	274

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

Impedance

Z(Ω)	RA	LA	TR	RL	LL
20 kHz	370.0	367.2	23.6	283.2	291.9
100 kHz	333.2	331.6	20.2	250.1	257.2