InBody

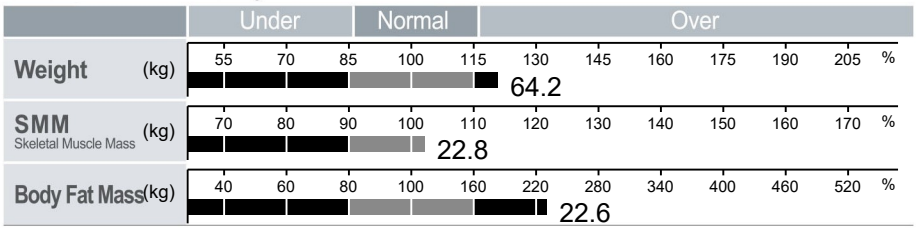
[InBody270]

ID	Height	Age	Gender	Test Date / Time
080824-2 (sirine hijazi)	159cm	23	Female	08.05.2026. 08:18

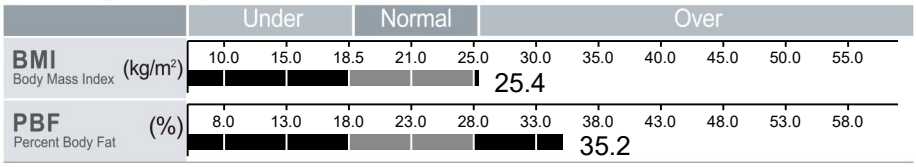
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	30.5 (27.0~33.0)
For building muscles	**Protein**	(kg)	8.2 (7.3~8.9)
For strengthening bones	**Minerals**	(kg)	2.90 (2.50~3.06)
For storing excess energy	**Body Fat Mass**	(kg)	22.6 (10.6~17.0)
Sum of the above	**Weight**	(kg)	64.2 (45.1~61.1)

Muscle-Fat Analysis

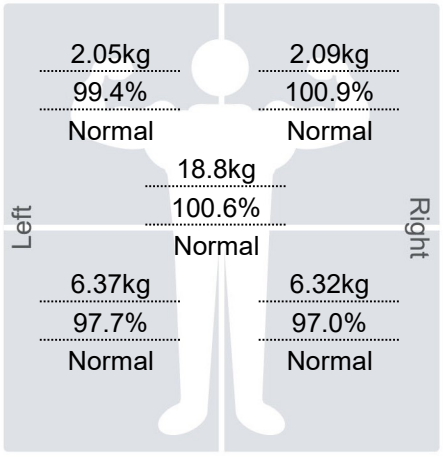


Obesity Analysis



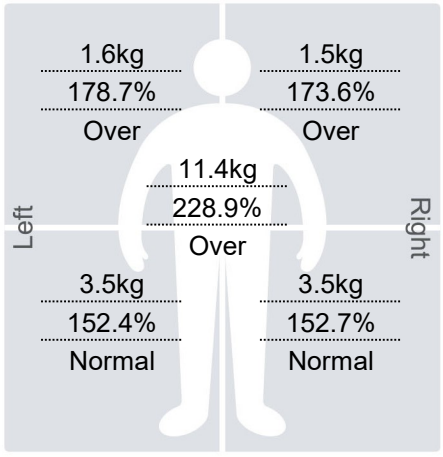
Lean Mass % Evaluation

Segmental Lean Analysis



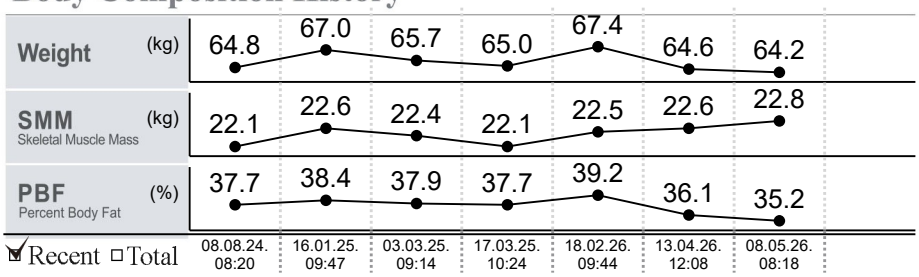
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

70 / 100 Points

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

Weight Control

Target Weight	54.0 kg
Weight Control	- 10.2 kg
Fat Control	- 10.2 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI ☐ Normal ☐ Under ☑ Slightly Over ☐ Over

PBF ☐ Normal ☐ Slightly Over ☑ Over

Waist-Hip Ratio

0.89 (0.75 – 0.85)

Visceral Fat Level

Level 10 (Low – 10 – High)

Research Parameters

Fat Free Mass	41.6 kg	(36.8~45.0)
Basal Metabolic Rate	1268 kcal	(1331~1545)
Obesity Degree	121 %	(90~110)
SMI	6.7 kg/m²	
Recommended calorie intake	1661 kcal	

Calorie Expenditure of Exercise

Golf	113	Gateball	122
Walking	128	Yoga	128
Badminton	145	Table Tennis	145
Tennis	193	Bicycling	193
Boxing	193	Basketball	193
Mountain Climbing	209	Jumping Rope	225
Aerobics	225	Jogging	225
Soccer	225	Swimming	225
Japanese Fencing	321	Racketball	321
Squash	321	Taekwondo	321

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	379.6	383.8	27.3	282.5	276.3
100 kHz	340.6	348.6	23.5	250.1	245.4