

ID	Height	Age	Gender	Test Date / Time
050926-1 (Maya Nakdali)	161cm	30	Female	05.09.2026. 10:39

Body Composition Analysis

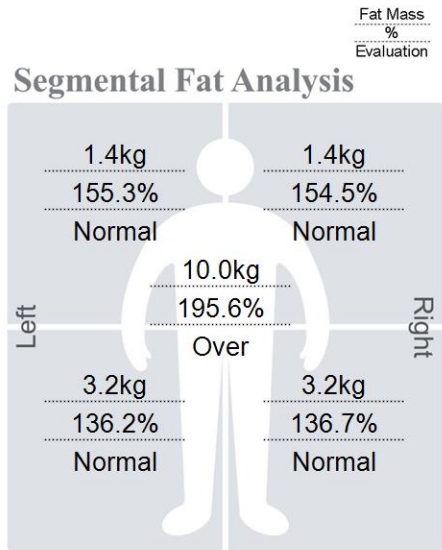
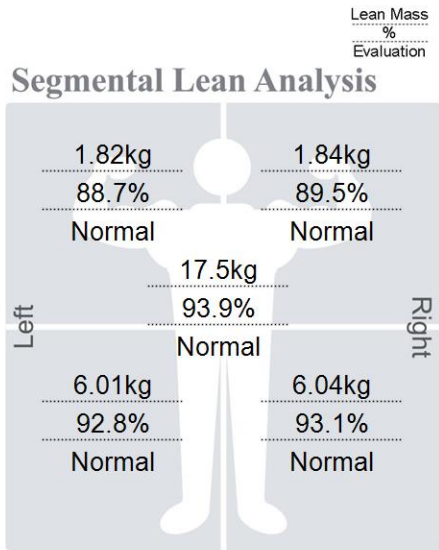
Total amount of water in body	Total Body Water	(L)	28.9 (27.7~33.9)
For building muscles	Protein	(kg)	7.8 (7.5~9.1)
For strengthening bones	Minerals	(kg)	2.87 (2.56~3.13)
For storing excess energy	Body Fat Mass	(kg)	20.3 (10.9~17.4)
Sum of the above	Weight	(kg)	59.9 (46.2~62.6)

Muscle-Fat Analysis

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

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		
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		



Body Composition History

Weight (kg)	59.9								
SMM (kg)	21.5								
PBF (%)	33.8								
Recent Total	05.09.26. 10:39								

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	54.5 kg
Weight Control	- 5.4 kg
Fat Control	- 7.7 kg
Muscle Control	+ 2.3 kg

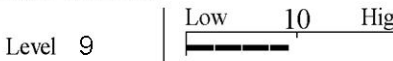
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	39.6 kg (37.7~46.1)
Basal Metabolic Rate	1226 kcal (1267~1466)
Obesity Degree	110 % (90~110)
SMI	6.1 kg/m²
Recommended calorie intake	1584 kcal

Calorie Expenditure of Exercise

Golf	105	Gateball	114
Walking	120	Yoga	120
Badminton	135	Table Tennis	135
Tennis	180	Bicycling	180
Boxing	180	Basketball	180
Mountain Climbing	195	Jumping Rope	210
Aerobics	210	Jogging	210
Soccer	210	Swimming	210
Japanese Fencing	300	Racketball	300
Squash	300	Taekwondo	300

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	434.0	438.9	26.1	308.9	310.5
100 kHz	397.9	402.4	23.2	274.4	276.7