

ID	Height	Age	Gender	Test Date / Time
070926-1 (Fatima Khalife)	170cm	27	Female	07.09.2026. 13:02

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	40.0 (30.9~37.7)
For building muscles	Protein	(kg)	10.8 (8.3~10.1)
For strengthening bones	Minerals	(kg)	4.06 (2.86~3.50)
For storing excess energy	Body Fat Mass	(kg)	37.4 (12.1~19.4)
Sum of the above	Weight	(kg)	92.3 (51.6~69.8)

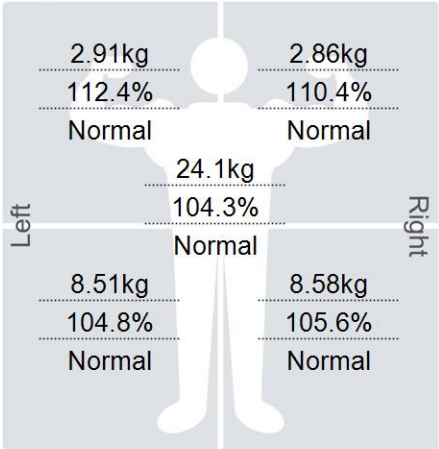
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		92.3
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %		30.5
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 520 %		37.4

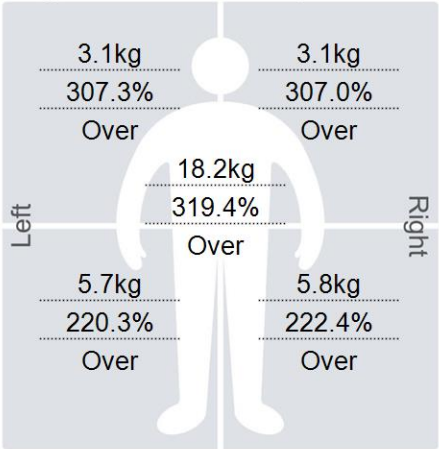
Obesity Analysis

	Under	Normal	Over
BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		31.9
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		40.5

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	92.3								
SMM (kg) Skeletal Muscle Mass	30.5								
PBF (%) Percent Body Fat	40.5								
Recent Total	07.09.26. 13:02								

InBody Score

67/100 Points

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

Weight Control

Target Weight	71.3 kg
Weight Control	- 21.0 kg
Fat Control	- 21.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

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

Waist-Hip Ratio

0.95

0.75 0.85

Visceral Fat Level

Level 17

Low 10 High

Research Parameters

Fat Free Mass	54.9 kg (42.1~51.4)
Basal Metabolic Rate	1556 kcal (1752~2059)
Obesity Degree	152 % (90~110)
SMI	7.9 kg/m²
Recommended calorie intake	2017 kcal

Calorie Expenditure of Exercise

Golf	162	Gateball	175
Walking	185	Yoga	185
Badminton	209	Table Tennis	209
Tennis	277	Bicycling	277
Boxing	277	Basketball	277
Mountain Climbing	301	Jumping Rope	323
Aerobics	323	Jogging	323
Soccer	323	Swimming	323
Japanese Fencing	462	Racketball	462
Squash	462	Taekwondo	462

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	383.7	373.8	20.7	249.5	251.1
100 kHz	345.3	338.1	17.8	220.2	222.9