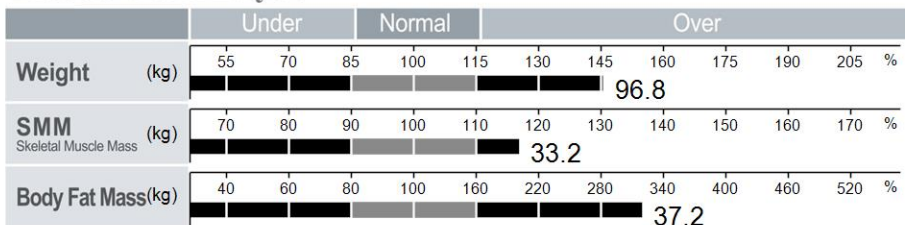


ID	Height	Age	Gender	Test Date / Time
140926-1 (Lina Itani)	178cm	46	Female	14.09.2026. 12:53

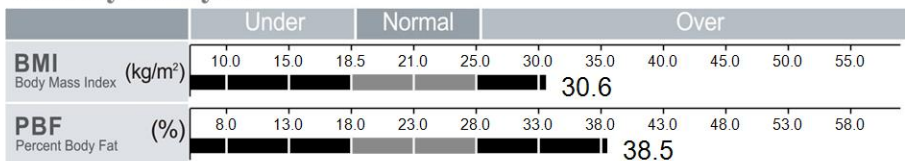
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	43.6 (33.9~41.5)
For building muscles	Protein	(kg)	11.7 (9.1~11.1)
For strengthening bones	Minerals	(kg)	4.31 (3.13~3.83)
For storing excess energy	Body Fat Mass	(kg)	37.2 (13.3~21.3)
Sum of the above	Weight	(kg)	96.8 (56.5~76.5)

Muscle-Fat Analysis



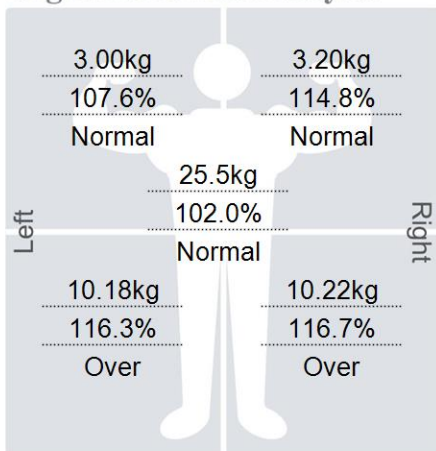
Obesity Analysis



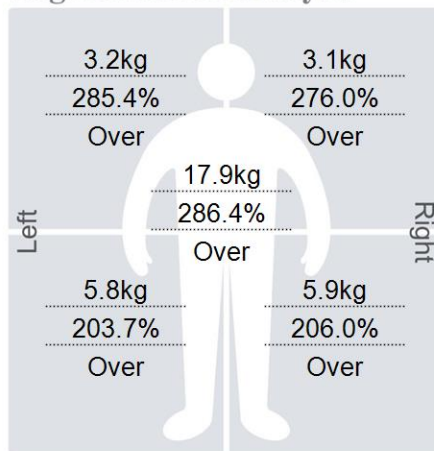
Lean Mass
%
Evaluation

Fat Mass
%
Evaluation

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated

Body Composition History

[illegible]

InBody Score

69/100 Points

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

Weight Control

Target Weight	77.4 kg
Weight Control	- 19.4 kg
Fat Control	- 19.4 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 16 | 

Research Parameters

Fat Free Mass	59.6 kg	(46.1~56.4)
Basal Metabolic Rate	1657 kcal	(1819~2141)
Obesity Degree	145 %	(90~110)
SMI	8.4 kg/m ²	
Recommended calorie intake	1998 kcal	

Calorie Expenditure of Exercise –

Golf	170	Gateball	184
Walking	194	Yoga	194
Badminton	219	Table Tennis	219
Tennis	290	Bicycling	290
Boxing	290	Basketball	290
Mountain Climbing	316	Jumping Rope	339
Aerobics	339	Jogging	339
Soccer	339	Swimming	339
Japanese Fencing	484	Racketball	484
Squash	484	Taekwondo	484

*Based on your current weight

*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
$\mathbf{Z}_{(\Omega)} 20 \text{ kHz}$	320.9	344.4	25.7	213.5	211.7
100 kHz	292.2	315.8	23.1	191.0	190.5