

# Body Composition Result Sheet

# InBody

[InBody970] [Yscope]

# InBody

www.inbody.com

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15 : 44

## 1 Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	27.4 (26.4 ~ 32.2)	27.4	34.9 (33.8 ~ 41.4)	37.1 (35.8 ~ 43.8)	59.1 (43.9 ~ 59.5)
Protein (kg)	7.1 (7.0 ~ 8.6)				
Minerals (kg)	2.64 (2.44 ~ 2.98)	non-osseous			
Body Fat Mass (kg)	22.0 (10.3 ~ 16.5)				

## 2 Muscle-Fat Analysis

	Under	Normal	Over	
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1		
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	19.5		
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	22.0		

## 3 Obesity Analysis

	Under	Normal	Over	
BMI (kg/m <sup>2</sup> ) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0		
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	37.2		

## 4 Segmental Lean Analysis

Based on ideal weight Based on current weight

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	2.00 101.2		0.378
Left Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	1.91 97.1		0.378
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	17.7 99.0		0.398
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.24 84.2		0.403
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.15 82.7		0.404

## 5 ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.398	

## 6 Body Composition History

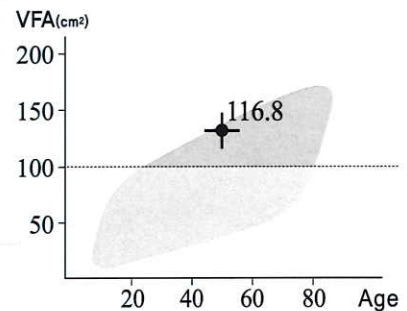
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg) Skeletal Muscle Mass	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.5
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.7	37.2
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total	20.07.21 15:11	20.08.27 14:58	20.09.20 15:02	20.11.23 15:23	20.12.21 15:00	21.02.19 14:52	21.03.20 15:12	21.03.31 15:44

## 7 InBody Score

67 / 100 Points

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

## 8 Visceral Fat Area



## 9 Weight Control

Target Weight	51.7 kg
Weight Control	-7.4 kg
Fat Control	-10.1 kg
Muscle Control	+2.7 kg

## 10 Research Parameters

Intracellular Water	16.5 L (16.3~19.9)
Extracellular Water	10.9 L (10.0~12.2)
Basal Metabolic Rate	1171 kcal (1255~1451)
Waist-Hip Ratio	0.94 (0.75~0.85)
Body Cell Mass	23.6 kg (23.4~28.6)
SMI	5.8 kg/m <sup>2</sup>

## 11 Whole Body Phase Angle

$\phi$ (°) 50kHz | 4.0°

## 12 Segmental Body Phase Angle

$\phi$ (°) 5kHz	RA	LA	TR	RL	LL
5kHz	1.7	4.7	1.7	1.6	4.5
50kHz	4.1	5.7	4.0	3.8	4.3
250kHz	3.8	5.6	2.9	2.9	2.9

## 13 Impedance

