

InBody 520 Body Composition Analysis

ID: MS65241 AGE: 25 HEIGHT: 170cm GENDER: F DATE/TIME: 2005.02.01/11:23:38(0027)

B. Hospital
Doctor Lee

Body Composition Analysis

Compartments	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
T B W <small>Total Body Water</small> (ℓ)	30.8	30.8	39.4	42.0	59.1	31.0 ~ 37.8
Protein (kg)	8.1					8.3 ~ 10.1
Mineral (kg)	3.07	<small>non-osseous</small> OSSEOUS: 2.56	2.86 ~ 3.50			
Body Fat Mass (kg)	17.1		12.1 ~ 19.4			

► Mineral is estimated.

Muscle-Fat Analysis

	Under	Normal	Over	UNIT:%	Normal Range
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205	59.1			51.6 ~ 69.8
S M M <small>Skeletal Muscle Mass</small> (kg)	70 80 90 100 110 120 130 140 150 160 170	22.3			23.2 ~ 29.4
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520	17.1			12.1 ~ 19.4

Obesity Diagnosis

	Under	Normal	Over	UNIT:%	Normal Range
B M I <small>Body Mass Index</small> (kg/m ²)	10 15 18.5 21.5 25 30 35 40 45 50 55	20.4			18.5 ~ 25.0
P B F <small>Percent Body Fat</small> (%)	8 13 18 23 28 33 38 43 48 53 58	29.0			18.0 ~ 28.0
W H R <small>Waist-Hip Ratio</small>	0.65 0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10 1.15	0.76			0.75 ~ 0.85

Lean Balance

	Under	Normal	Over	UNIT:%
Right Arm (kg)	0 20 40 60 80 100 120 140 160 180 200 220 240	1.48 78.4		
Left Arm (kg)	0 20 40 60 80 100 120 140 160 180 200 220 240	1.39 73.7		
Trunk (kg)	50 60 70 80 90 100 110 120 130 140 150 160 170	18.9 90.3		
Right Leg (kg)	50 60 70 80 90 100 110 120 130 140 150 160 170	6.95 97.5		
Left Leg (kg)	50 60 70 80 90 100 110 120 130 140 150 160 170	6.95 97.5		

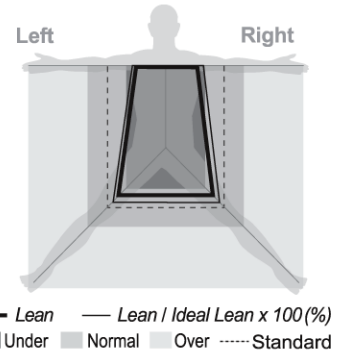
Body Composition History

DATE / TIME	Weight	SMM	Fat	Score
05/01/02 11:15	61.5	20.5	19.9	69
05/01/15 11:10	60.2	20.8	18.7	70
05/02/01 11:23	59.1	22.3	17.1	72

Additional Data

	(Normal Range)
Obesity Degree = 97%	90 ~ 110
B C M = 26.7 kg	27.5 ~ 33.5
B M C = 2.56 kg	2.36 ~ 2.88
B M R = 1276 kcal	1186 ~ 1367
A C = 25.5 cm	
A M C = 21.6 cm	

Body Shape Graph



Nutritional Evaluation

Protein	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient <input type="checkbox"/> Excessive
Edema	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Slight Edema <input type="checkbox"/> Edema

Weight Management

Weight	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
SMM	<input type="checkbox"/> Normal	<input type="checkbox"/> Strong	<input checked="" type="checkbox"/> Under
Fat	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over

Obesity Diagnosis

B M I	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	<input type="checkbox"/> Extremely Over
P B F	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Extremely Over	
W H R	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Over	<input type="checkbox"/> Extremely Over	

Body Balance

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input checked="" type="checkbox"/> Extremely Unbalanced

Body Strength

Upper	<input type="checkbox"/> Normal	<input type="checkbox"/> Developed	<input checked="" type="checkbox"/> Weak
Lower	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Developed	<input type="checkbox"/> Weak
Muscle	<input type="checkbox"/> Normal	<input type="checkbox"/> Muscular	<input checked="" type="checkbox"/> Weak

Weight Control

Target Weight	60.7 kg
Weight Control	+1.6 kg
Fat Control	-3.2 kg
Muscle Control	+4.8 kg
Fitness Score	72 Points

Impedance

Z	RA	LA	TR	RL	LL
5kHz	486.4	504.4	26.8	261.7	260.2
50kHz	451.9	469.9	24.0	242.1	241.7
500kHz	401.4	421.1	19.5	217.5	217.1