

ID: 5159885612 Height: 5ft. 04.0in. Age: 47 Gender: Female Test Date / Time: 04.10.2018. 15:17 → **Every 30 Days**

Body Composition Analysis

	Value	Lean Body Mass	Weight
Total Body Water (lbs)	69.9	95.2 ↑ <i>Grams of Protein Per Day Minimum</i>	131.7 ↓
Dry Lean Mass (lbs)	25.4		
Body Fat Mass (lbs)	36.4 ↓		

Body Fat - Lean Body Mass Control

Body Fat Mass - 8.2 lbs
Lean Body Mass 0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Basal Metabolic Rate

1302 kcal

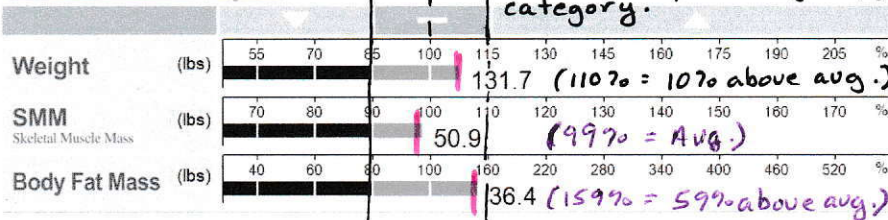
of Calories Per Day Minimum

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis



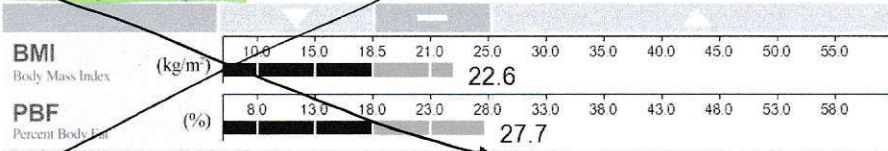
Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

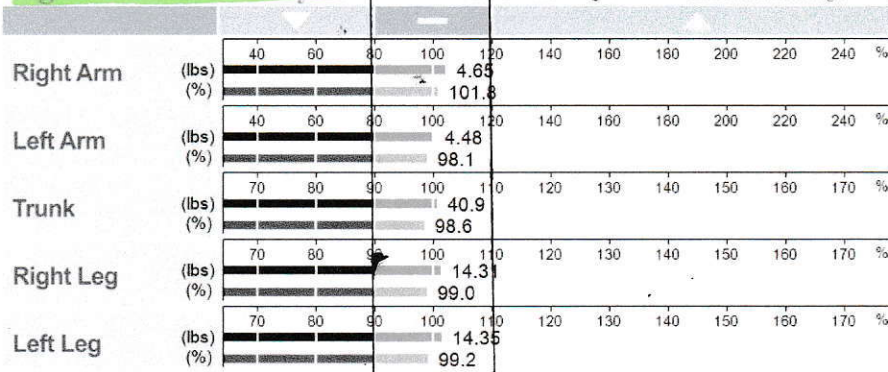
Obesity Analysis



Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

Segmental Lean Analysis



Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Composition History

Weight (lbs)	131.7 ↓
SMM (lbs)	50.9 ↑
PBF (%)	27.7 ↓

(Tracks progress; enter same phone # + same height each time you go back.)

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(Ω)	RA	LA	TR	RL	LL
5 kHz	374.7	388.2	22.8	263.0	260.1
50 kHz	341.8	356.9	20.1	242.7	240.5
250 kHz	313.9	329.0	17.5	223.7	221.8

NOTE: For best results → Go in morning; Avoid eating 3 hours prior to test; Avoid liquids 45min before; Avoid alcohol/caffeine 24hrs before; Write down what you ate/drank/wore + stay consistent each month → + time of day.