Body Composition Result Sheet

InBody [InBody970S]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

7 **Customized Logo**

www.customized.com

1 Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	27.7 (27.0 ~ 33.0)	27.7	35.4 (34.7 ~ 42.3)	37.6 (36.7 ~ 44.8)	59.1 (45.0 ~ 60.8)
Protein (kg)	7.3 (7.2 ~ 8.8)				
Minerals (kg)	2.65 (2.49 ~ 3.05)	non-osseous			
Body Fat Mass (kg)	21.5 (10.6 ~ 16.9)				

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 %	19.8	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	21.5	

3 Obesity Analysis

	Under	Normal	Over
BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 21.5 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	36.3	

4 Segmental Lean Analysis

Based on ideal weight ▬ Based on current weight ▬

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	2.00 99.8		0.378
Left Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	1.92 95.7		0.379
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	17.7 97.4		0.398
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.24 82.8		0.403
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.16 81.5		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

	07.21.24 15:11	08.27.24 14:58	09.20.24 15:02	11.23.24 15:23	12.21.24 15:00	02.19.25 14:52	03.20.25 15:12	03.31.25 15:44
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	19.8
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.7	36.3
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398

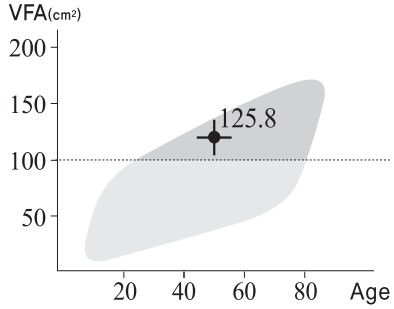
☑ Recent ☐ Total

8 InBody Score

69 / 100 Points

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

9 Visceral Fat Area



10 Weight Control

Target Weight	52.9 kg
Weight Control	-6.2 kg
Fat Control	- 9.3 kg
Muscle Control	+ 3.1 kg

11 Research Parameters

Intracellular Water	16.7 L	(16.7~20.5)
Extracellular Water	11.0 L	(10.3~12.5)
Basal Metabolic Rate	1183 kcal	(1255~1451)
Waist-Hip Ratio	0.97	(0.75~0.85)
Body Cell Mass	24.0 kg	(23.9~29.3)

12 Whole Body Phase Angle

ϕ(°) 50 kHz | 4.3°

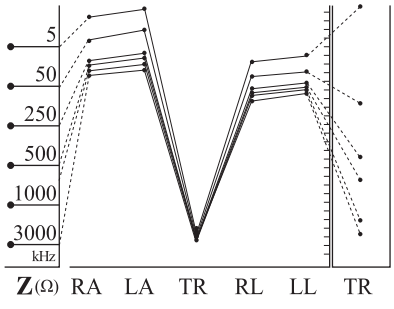
13 Segmental Phase Angle

ϕ(°)	RA	LA	TR	RL	LL
5 kHz	1.8	1.7	4.7	1.7	1.6
50 kHz	4.5	4.1	5.7	4.0	3.8
250 kHz	4.3	3.8	5.6	2.9	2.9

14 Sarcopenia Parameters

SMI	5.8 kg/m²	(< 5.7)
HGS	15.8 kg	(< 18.0)

15 Impedance



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Result Sheet Interpretation

1 Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. Maintain a balanced body composition to stay healthy.

2 Muscle-Fat Analysis

The balance between Skeletal Muscle Mass and Body Fat Mass is a key health indicator. Muscle-Fat Analysis shows this balance by comparing the length of the bars for Weight, Skeletal Muscle Mass, and Body Fat Mass.

3 Obesity Analysis

Accurate obesity analysis cannot be performed using BMI, but the ratio of Body Fat compared to the weight, which is called the Percent Body Fat, must be assessed. The InBody970S can detect hidden health risks like Sarcopenic Obesity, in which a person appears slim on the outside but has a high Percent Body Fat.

4 Segmental Lean Analysis

Analyzing the lean mass in each segment helps identify imbalances and insufficiently developed lean mass, which can be used to develop targeted exercise programs. The lean mass of the arms, trunk, and legs are represented by two bars. The top bar shows how much lean mass there is in a segment compared to the ideal weight, and the bottom bar shows how sufficient the lean mass is to support your current weight.

5 ECW Ratio Analysis

The Extracellular Water Ratio shows the balance status of body water. The ratio between Intra and Extracellular Water remains constant at about 3:2 ratio in healthy individuals. When this balance is broken down, edema may occur.

6 Body Composition History

Using Body Composition History, you can monitor changes in Weight, Skeletal Muscle Mass, Percent Body Fat, and ECW Ratio. Taking regular InBody Tests and monitoring changes in body composition is a good step toward a healthier life.

7 Logo Customization

The Customized Logo can be applied on the Result Sheet.
URL can also be placed at the bottom of the Result Sheet as well.

8 InBody Score

Unique index created by InBody to make it easier to understand the current body composition status.
The standard range is between 70 - 90 points, and based on the weight control, the point +, - from 80 points.

9 Visceral Fat Area

Visceral Fat Area is the estimated area of the fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Area under 100 cm^2 to minimize the risk of Visceral Fat related diseases.

10 Weight Control

Weight Control shows the recommended weight, fat, and muscle mass for a healthy body. The '+' means to gain and the '-' means to lose. Use the weight control to set your own goal.

11 Research Parameters

Various research parameters are provided, including Basal Metabolic Rate, Waist-Hip Ratio, Obesity Degree, Skeletal Muscle Mass Index (SMI), Body Cell Mass, and more.

12 Whole Body Phase Angle

Phase Angle is related to the health status of the cell membrane. Strengthening of the cellular membrane and structural function will increase the Phase Angle, while damage or a decrease in function will lead to a decreased Phase Angle.

13 Segmental Body Phase Angle

Segmental Phase Angle indicates the Phase Angle of each part of the body, representing the level of structural integrity and function of the cell membrane.

14 Sarcopenia Parameters

Sarcopenia is now recognized as a disease. Skeletal Muscle Mass Index (SMI) and Hand Grip Strength (HGS) measurements provide precise assessments for sarcopenia patients, enabling healthcare professionals to develop tailored care plans for effective management.

15 Impedance

Impedance is the resistance that occurs when micro-alternating current is applied to the human body.
InBody visualizes the impedance with the graph.
You can easily detect if there is a reversed impedance error by checking crossed lines in the impedance graph.
Below the impedance graph, you can also check the error codes.