


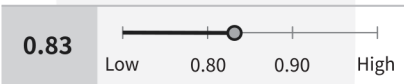
Weight Control

BMI (kg/m ²)	22.9 (18.5 - 25.0)	
		
Obesity Degree (%)		103.9
Desirable Weight (kg)		68.5
Weight Control (kg)		-1.5
Fat Control (kg)		-1.5
Muscle Control (kg)		0.0

Visceral Fat Level



Abdominal Fat Ratio



Intake & Consumed Calories

BMR (kcal)	1666
Resting Energy Expenditure (kcal)	2269

Impedance

kHz	LA	RA	TR	LL	RL
10	318.4	319.5	26.8	243.1	248.2
100	272.3	272.7	20.5	208.7	209.1

Body Composition History

Date	Weight (kg)	Muscle (kg)	Body Fat (%)
'18.09.01	68.1	52.1	19.3
'18.10.01	68.0	52.6	18.5
'18.11.01	75.0	54.0	19.1
'18.12.01	69.7	53.2	18.9
'19.01.01	73.0	54.5	19.0
'19.02.01	70.0	55.8	17.1

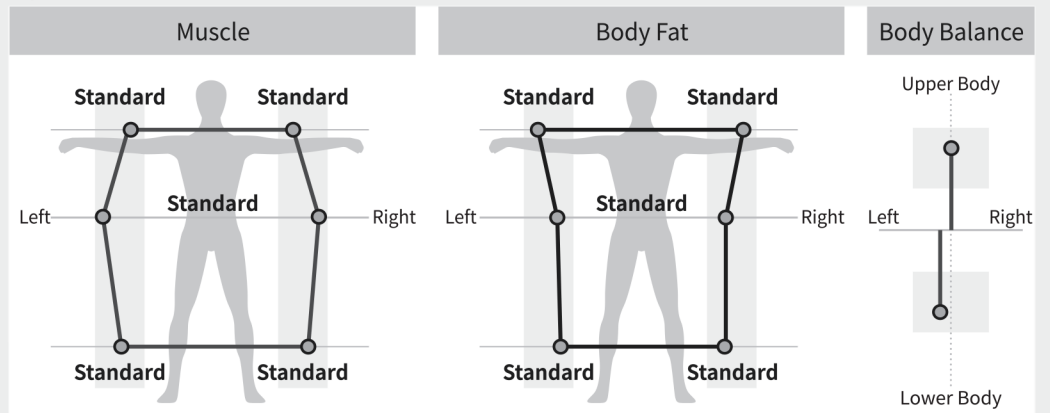
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	45.7 (35.3 - 47.6)	9.5 (9.5 - 12.9)	2.80 (3.37 - 4.56)	12.0 (6.7 - 13.5)
Total Body Water (L)	45.7 (37.3 - 46.4)	55.8 (50.9 - 57.3)		
Muscle (kg)				
Fat Free Mass (kg)			58.0 (53.9 - 60.6)	
Weight (kg)				70.0 (56.7 - 76.6)

Muscle & Fat Analysis

	Under	Standard	Over
Weight (kg)	36.8 46.7 56.7 66.6 76.6	70.0	86.5 96.5 106.4 116.4 126.3 136.3 (kg)
Muscle (kg)	44.6 47.8 50.9 54.1 57.3	55.8	60.5 63.7 66.9 70.0 73.2 76.4 (kg)
Body Fat (%)	0.0 5.0 10.0 15.0 20.0	17.1	25.0 30.0 35.0 40.0 45.0 50.0 (%)

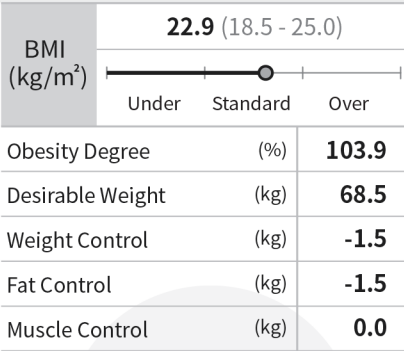
Segmental Analysis & Body Balance



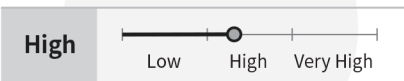
"Please refer to the manufacturer's manual for explanation of measurement results or Contact your administrator"

Memo

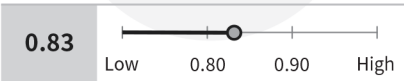
Weight Control



Visceral Fat Level



Abdominal Fat Ratio



Mediana Score

98

Segmental Mass (kg)

LA	RA	TR	LL	RL
3.6	3.6	34.0	11.2	11.3

Intake & Consumed Calories

BMR (kcal)	1666
Resting Energy Expenditure (kcal)	2269
*Calorie Consumption (kcal/hour)	490
*Fat Burning (kg)	-1.8

* Based on Jogging (1hour/day, 4weeks)

Calorie Consumption

	kcal / 30min *By Current Weight	
Gateball	116	Swimming 245
Walking	123	Aerobics 256
Yoga	140	Tennis 256
Table tennis	140	Bicycle 263
Golf	168	Football 280
Badminton	193	Climb 280
Basketball	228	Jump rope 308
Jogging	245	Boxing 361

Impedance

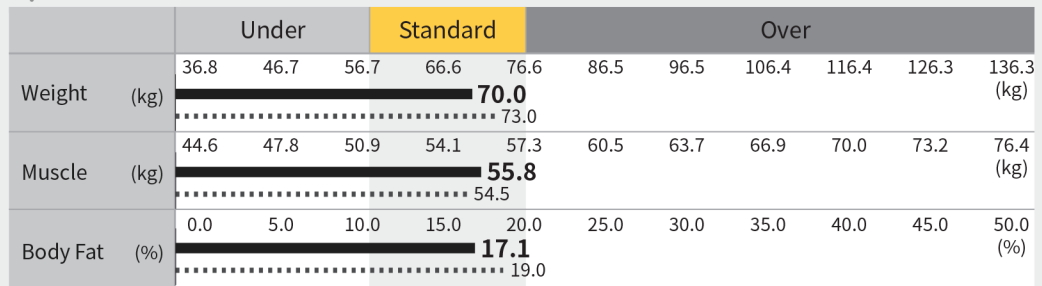
kHz	LA	RA	TR	LL	RL
5	321.4	321.5	27.4	246.4	257.5
50	280.7	282.8	22.4	218.3	227.7
100	272.3	272.7	20.5	208.7	209.1

"Please refer to the manufacturer's manual for explanation of measurement results or Contact your administrator"

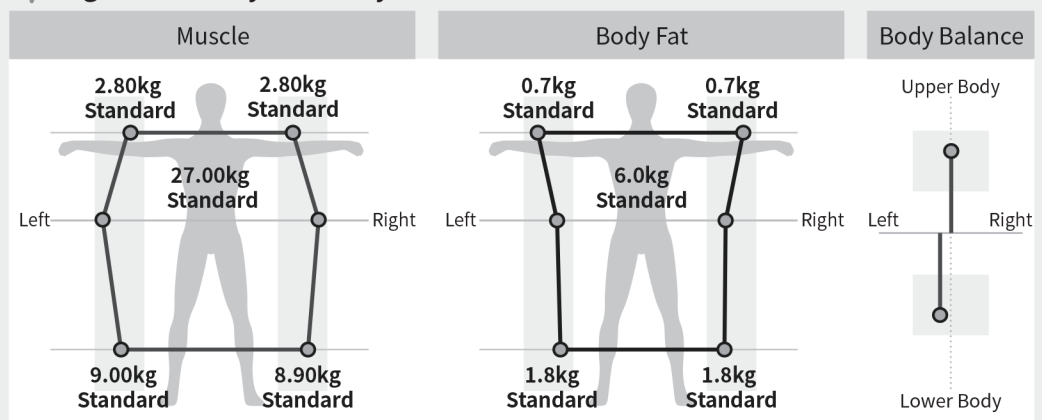
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	45.7 (35.3 - 47.6)	9.5 (9.5 - 12.9)	2.80 (3.37 - 4.56)	12.0 (6.7 - 13.5)
Total Body Water (L)	45.7 (37.3 - 46.4)	55.8 (50.9 - 57.3)		
Muscle (kg)	Skeletal Muscle : 31.3 (29.1 - 35.6)			
Fat Free Mass (kg)	58.0 (53.9 - 60.6)			
Weight (kg)				70.0 (56.7 - 76.6)

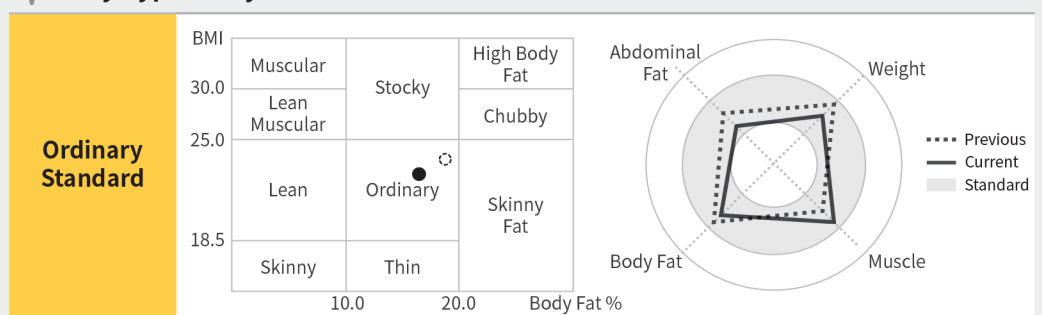
Muscle & Fat Analysis



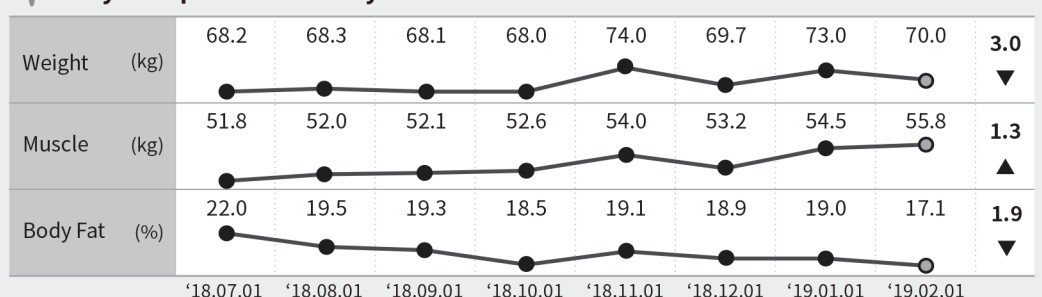
Segmental Analysis & Body Balance



Body Type Analysis



Body Composition History



Weight Control

BMI (kg/m ²)	19.5 (16.9 - 22.3)	
Obesity Degree (%)		106.7
Desirable Weight (kg)		50.0
Weight Control (kg)		0.0
Fat Control (kg)		0.0
Muscle Control (kg)		0.0

Mediana Score

96

Growth Evaluation

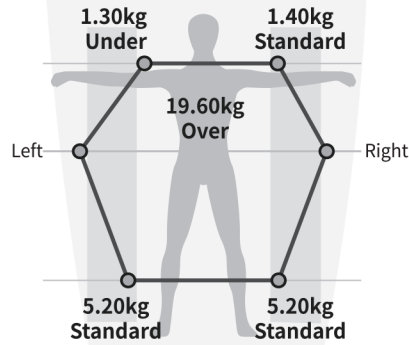
Muscle	Caution	Good
Skeletal	Caution	Good
Obesity	Under Good Over	

Body Balance

Upper Body	Caution	Good
Lower Body	Caution	Good

Segmental Muscle

Standard



Impedance

kHz	LA	RA	TR	LL	RL
5	434.0	421.1	32.8	303.4	294.6
50	393.5	377.8	29.1	268.5	260.8
100	362.4	357.0	27.3	251.3	243.9

"Please refer to the manufacturer's manual for explanation of measurement results or Contact your administrator"

Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	26.0 (24.3 - 32.1)	9.5 (6.1 - 8.0)	2.55 (1.60 - 2.11)	12.0 (9.8 - 14.5)
Total Body Water (L)	26.0 (24.3 - 32.1)	36.0 (31.2 - 35.7)		
Muscle (kg)	Skeletal Muscle : 17.5 (17.0 - 20.8)			
Fat Free Mass (kg)	38.0 (32.3 - 37.0)			
Weight (kg)	50.0 (43.3 - 57.1)			

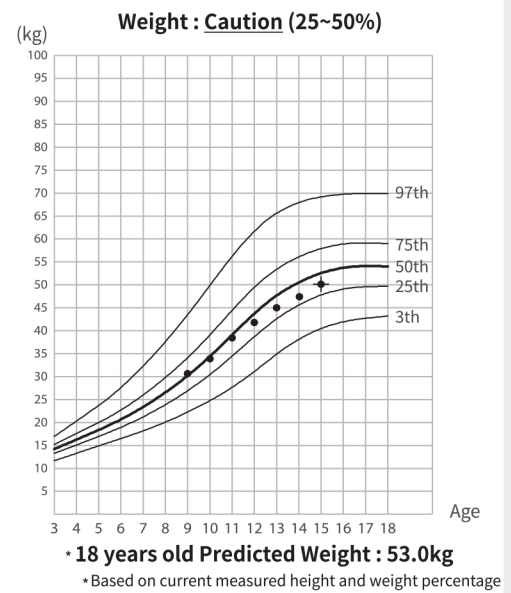
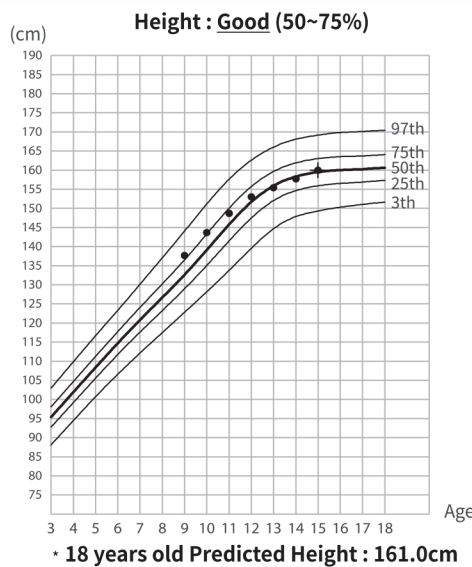
Muscle & Fat Analysis

— Current - - - - - Previous

	Under	Standard	Over
Weight (kg)	29.4 36.4 43.3	50.0 (47.0 - 57.1)	64.0 70.9 77.8 84.7 91.6 98.6 (kg)
Muscle (kg)	26.7 29.0 31.2	36.0 (33.9 - 37.9)	40.2 42.4 44.7 46.9 49.2 (kg)
Body Fat (%)	11.0 16.0 21.0	24.0 (24.4 - 26.0)	31.0 36.0 41.0 46.0 51.0 56.0 61.0 (%)

Growth Chart

◆ Current ● Previous



Body Composition History

	'12.01.01	'13.01.01	'14.01.01	'15.01.01	'16.01.01	'17.01.01	'18.01.01	'19.01.01	
Height (cm)	133.4	138.6	144.5	149.2	153.7	155.5	157.0	160.0	3.0 ▲
Weight (kg)	28.2	30.6	34.4	38.9	42.2	45.1	47.0	50.0	3.0 ▲
Muscle (kg)	19.0	21.2	24.0	28.0	29.3	31.6	33.9	36.0	2.1 ▲
Body Fat (%)	28.4	26.8	26.5	24.3	27.1	26.5	24.4	24.0	0.4 ▼
Mineral (kg)	1.52	1.53	1.64	1.84	1.87	1.97	2.08	2.55	0.47 ▲