

I.D.	AGE	HEIGHT	GENDER	DATE / TIME
ANDREAS	21	183cm	Male	01.10.2013 13:18:22 (740)

## Body Composition Analysis

Compartments	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
<b>I C W</b> (ℓ) <i>Intracellular Water</i>	25.6	40.8	52.5	55.8	65.1	25.6 ~ 31.4
<b>E C W</b> (ℓ) <i>Extracellular Water</i>	15.2					15.8 ~ 19.3
<b>Protein</b> (kg)	11.0					11.1 ~ 13.5
<b>Mineral</b> (kg)	3.98	non-osseous: osseous: 3.31				3.83 ~ 4.69
<b>Body Fat Mass</b> (kg)	9.3					8.9 ~ 17.7

► Mineral is estimated.

## Muscle - Fat Analysis

	Under	Normal	Over	UNIT: %	Normal Range
<b>Weight</b> (kg)	55 70 85 100 115 130 145 160 175 190 205	65.1			62.6 ~ 84.8
<b>S M M</b> (kg) <i>Skeletal Muscle Mass</i>	70 80 90 100 110 120 130 140 150 160 170	31.3			31.7 ~ 38.7
<b>Body Fat Mass</b> (kg)	40 60 80 100 160 220 280 340 400 460 520	9.3			8.9 ~ 17.7

## Obesity Diagnosis

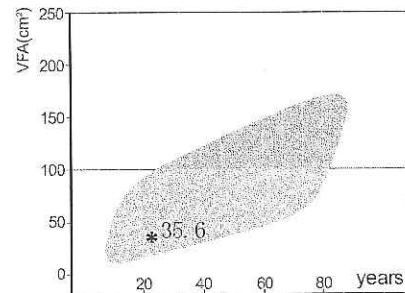
	Under	Normal	Over	UNIT: %	Normal Range
<b>B M I</b> (kg/m <sup>2</sup> ) <i>Body Mass Index</i>	10 15 18.5 22 25 30 35 40 45 50 55	19.4			18.5 ~ 25.0
<b>P B F</b> (%) <i>Percent Body Fat</i>	0 5 10 15 20 25 30 35 40 45 50	14.3			10.0 ~ 20.0
<b>W H R</b> <i>Waist-Hip Ratio</i>	0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10 1.15 1.20	0.81			0.80 ~ 0.90

## Lean Balance

	Under	Normal	Over	UNIT: %	Segmental Edema	Edema
<b>Right Arm</b> (kg)	55 70 85 100 115 130 145 160	2.78			ECF/TBF	ECW/TBW
		89.7			0.326	0.373
		0.5 (73%)				
<b>Left Arm</b> (kg)	55 70 85 100 115 130 145 160	2.79			0.328	0.374
		90.1				
		0.5 (73%)				
<b>Trunk</b> (kg)	70 80 90 100 110 120 130 140	23.7			0.326	0.373
		95.8				
		4.2 (90%)				
<b>Right Leg</b> (kg)	70 80 90 100 110 120 130 140	9.32			0.325	0.372
		108.3				
		1.6 (83%)				
<b>Left Leg</b> (kg)	70 80 90 100 110 120 130 140	9.33			0.329	0.375
		108.4				
		1.6 (82%)				

► Segmental fat is estimated.

## Visceral Fat Area



## Nutritional Evaluation

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

## Weight Management

<b>Weight</b>	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over
<b>S M M</b>	<input type="checkbox"/> Normal	<input type="checkbox"/> Strong	<input checked="" type="checkbox"/> Under
<b>Fat</b>	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over

## Obesity Diagnosis

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

## Body Balance

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

## Body Strength

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

## Health Diagnosis

<b>Body Water</b>	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Under
<b>Edema</b>	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Slight Edema <input type="checkbox"/> Edema
<b>Life Pattern</b>	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Alert <input type="checkbox"/> Risky <input type="checkbox"/> Highly Risky

## Weight Control

<b>Target Weight</b>	73.7 kg
<b>Weight Control</b>	+ 8.6 kg
<b>Fat Control</b>	+ 1.8 kg
<b>Muscle Control</b>	+ 6.8 kg
<b>Fitness Score</b>	71 Points

## Impedance

Z	RA	LA	TR	RL	LL
1kHz:	444.7	441.4	28.4	339.3	335.7
5kHz:	438.5	434.2	27.4	334.2	329.9
50kHz:	391.9	389.9	23.2	291.1	289.3
250kHz:	355.4	354.6	19.0	260.1	259.5
500kHz:	342.2	341.8	17.3	252.0	252.1
1MHz:	328.2	327.9	15.7	246.1	246.5

## Body Composition History

DATE / TIME	Weight	SMM	Fat	Score	ECW/TBW
01/10/13 13:18	65.1	31.3	9.3	71	0.373

## Additional Data

Obesity Degree=88%	(Normal Range)
BCM = 36.6 kg	90 ~ 110
BMC = 3.31 kg	36.8 ~ 45.0
BMR = 1575kcal	3.16 ~ 3.86
A C = 27.6cm	1445 ~ 1684
AMC = 23.5cm	