

# Body Metrics Summary

ID 79748 | Height 175cm | Date 14/11/2014  
 Age 31 | Gender Male | Time 18:28

## Body Composition Analysis Summary

	Values	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
T B W Total Body Water (kg)	49.0	63.2	67.0	83.0	37.9 ~ 46.3
Protein (kg)	13.4				10.2 ~ 12.4
Mineral (kg)	4.61	3.50 ~ 4.28			
Body Fat Mass (kg)	16.0	Mineral is estimated.			8.1 ~ 16.2

Nutritional Evaluation	
Protein	<input checked="" type="checkbox"/> Normal <input 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
Weight Management	
Weight	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Over <input type="checkbox"/> Under
SMM	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Strong <input type="checkbox"/> Under
Fat	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Over <input type="checkbox"/> Under
Obesity Diagnosis	
BMI	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Over <input type="checkbox"/> Extremely Over <input type="checkbox"/> Under
PBF	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Over <input type="checkbox"/> Extremely Over
WHR	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Over <input type="checkbox"/> Extremely Over

## Muscle-Fat Analysis

	Under	Normal	Over	Normal Range
Weight (kg)				57.3 ~ 77.5
S M M Skeletal Muscle Mass (kg)				28.8 ~ 35.2
Body Fat Mass (kg)				8.1 ~ 16.2

## Obesity Diagnosis

	Under	Normal	Over	Normal Range
BMI Body Mass Index (kg/m <sup>2</sup> )				18.5 ~ 16.2
PBF Percentage of Body Fat (%)				10.0 ~ 20.0
WHR Waist-Hip Ratio				0.80 ~ 0.90

## Weight Control

Weight Control	-4.2 kg
Fat Control	-4.2 kg
Muscle Control	0.0 kg

## Segmental Lean

Lean Mass Evaluation	
3.85kg Normal	3.80kg Normal
29.2kg Normal	
9.92kg Normal	9.81kg Normal

## Segmental Fat

Segmental Fat is estimated.		PBF Fat Mass Evaluation
16.1% 0.8kg Normal	16.1% 0.8kg Normal	
22.1% 8.8kg Normal		
17.6% 2.2kg Above Normal	17.7% 2.2kg Normal	

Fitness Score	86 Points <th>Impedance</th> <td>Z</td> <td>RA</td> <td>LA</td> <td>TR</td> <td>RL</td> <td>LL</td>	Impedance	Z	RA	LA	TR	RL	LL
Basal Metabolic Rate	1817 kcal (1742 ~ 2047)		5kHz	309.6	302.9	23.4	265.7	258.0
			50kHz)	260.9	257.7	19.6	224.0	217.0
			250kHz)	230.3	228.3	16.5	196.8	189.9