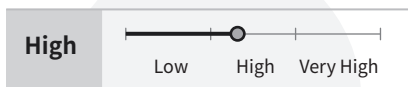


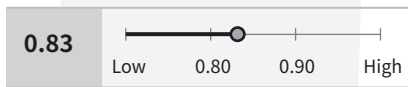
Weight Control

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

Visceral Fat Level



Abdominal Fat Ratio



Mediana Score

98

Intake & Consumed Calories

BMR (kcal)	1623
Total Energy Expenditure (kcal)	2434

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



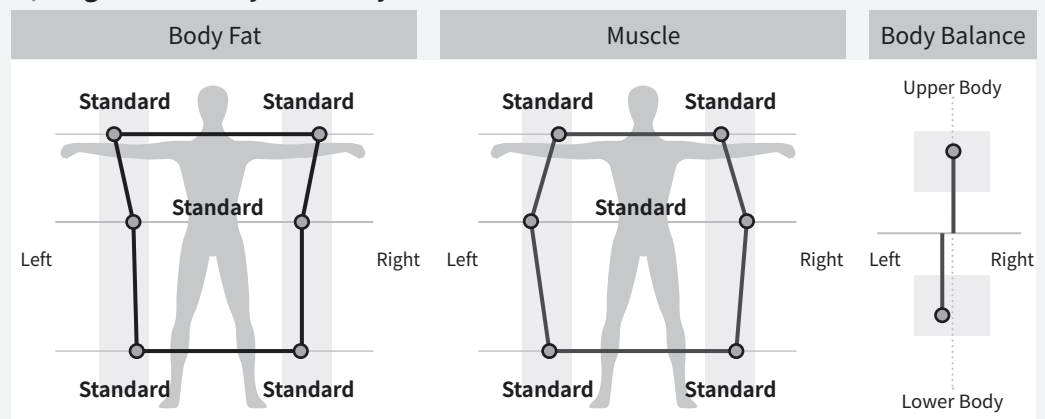
Body Composition Analysis

	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 (35.3 - 47.6)	55.8 (50.9 - 57.3)		
Muscle Mass (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)			

Skeletal Muscle & Body Fat Analysis

	Under	Standard	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 205 235 %	70.0	
Skeletal Muscle (kg)	70 80 90 100 110 120 130 140 150 170 190 %	31.3	
Body Fat (kg)	40 60 80 100 160 220 280 340 400 520 640 %	12.0	

Segmental Analysis & Body Balance



Calorie Consumption

Gateball	116	Badminton	193	Tennis	255
Walking	123	Basketball	228	Bicycle	262
Yoga	140	Jogging	245	Football	280
Table Tennis	140	Swimming	245	Climb	280
Golf	168	Aerobics	255	Jump rope	308

kcal / 30 min (based on current weight)

Memo