

**Mediana Score**

**80**

**Weight Control**

Obesity Degree (%)	<b>104.0</b>
Desirable Weight (kg)	<b>67.2</b>
Weight Control (kg)	<b>-2.8</b>
Fat Control (kg)	<b>-2.8</b>
Muscle Control (kg)	<b>0.0</b>

**Abdominal Obesity Analysis**

Waist Circumference (64.0 ~ 96.0cm)	<b>77.2</b>
Abdominal Fat Ratio (0.80 ~ 0.90)	<b>0.83</b>
Visceral Fat Area (0.0 ~ 100.0cm <sup>2</sup> )	<b>46.4</b>
Subcutaneous Fat Area (0.0 ~ 200.0cm <sup>2</sup> )	<b>77.6</b>
VSR (0.0 ~ 0.4)	<b>0.59</b>
WHR (0.00 ~ 0.50)	<b>0.44</b>

**Reference**

FMI (2.78 ~ 3.75kg/m <sup>2</sup> )	<b>4.18</b>
FFMI (15.72 ~ 21.25kg/m <sup>2</sup> )	<b>18.68</b>
SMI (6.60 ~ 8.91kg/m <sup>2</sup> )	<b>8.21</b>
Body Cell Mass (25.5 ~ 28.7kg)	<b>37.5</b>

**Whole Body Phase Angle**

50kHz	<b>6.5 °</b>
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**Impedance**

kHz	LA	RA	TR	LL	RL
5	365.2	365.3	29.9	280.1	290.6
10	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
500	268.6	268.8	18.9	202.6	203.2
1000	249.8	249.9	17.6	188.4	188.6

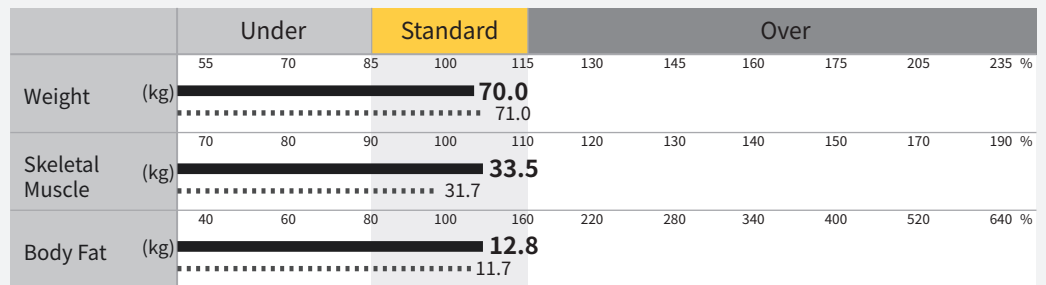


QR code reading allows you to manage your body composition measurement results with your smartphone

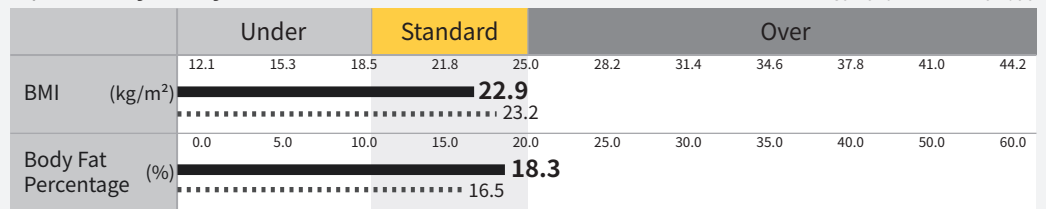
**Body Composition Analysis**

	Intracellular Water (L)	Extracellular Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	<b>16.0</b> (14.9 - 16.8)	<b>26.1</b> (24.4 - 27.4)	<b>11.4</b> (10.6 - 11.9)	<b>3.73</b> (3.77 - 4.24)	<b>12.8</b> (6.7 - 13.4)
Total Body Water (L)	<b>42.1</b> (39.4 - 44.3)		<b>54.1</b> (50.3 - 57.4)	<b>Osseous : 3.10</b> (3.13 - 3.52)	
Muscle Mass (kg)	<b>Skeletal Muscle : 33.5</b> (28.8 - 35.2)				
Fat Free Mass (kg)	<b>57.2</b> (53.9 - 60.6)				
Weight (kg)					<b>70.0</b> (56.7 - 76.6)

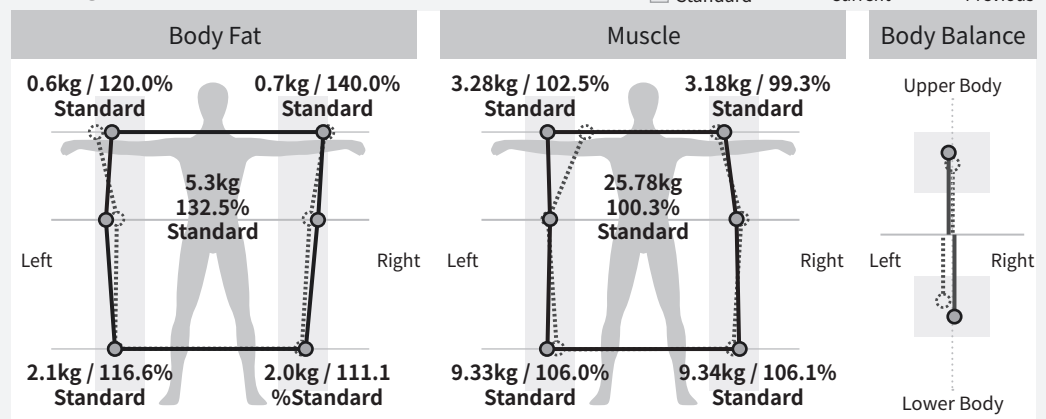
**Skeletal Muscle & Fat Analysis**



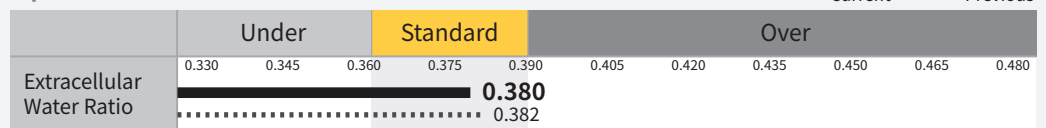
**Obesity Analysis**



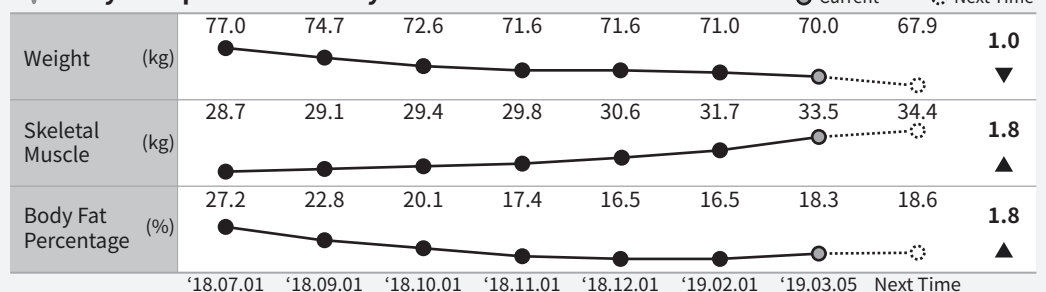
**Segmental Analysis & Body Balance**



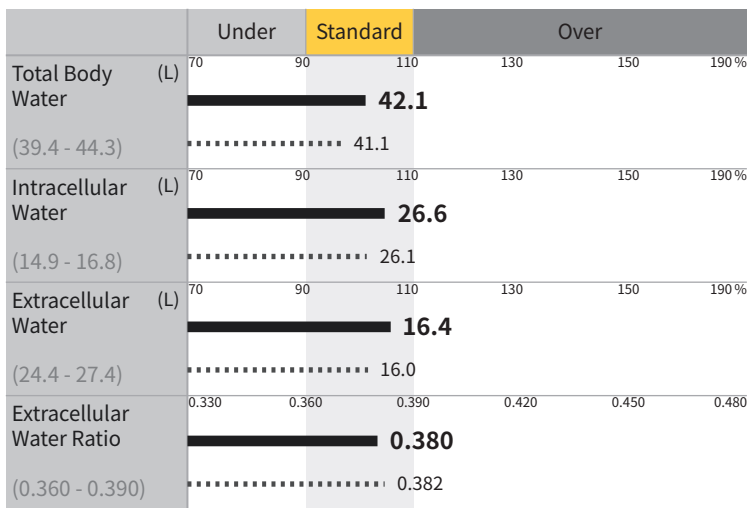
**Extracellular Water Ratio**



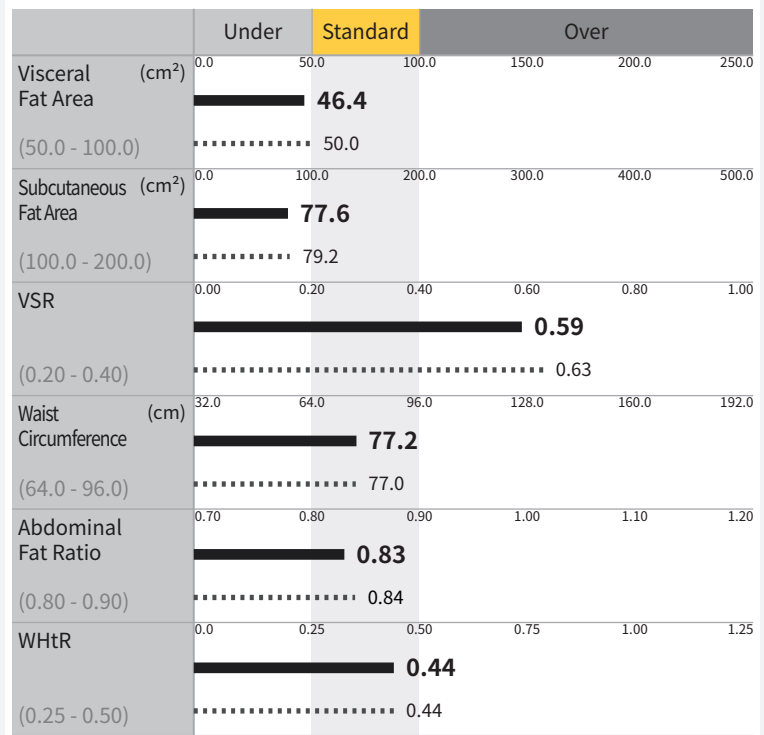
**Body Composition History**



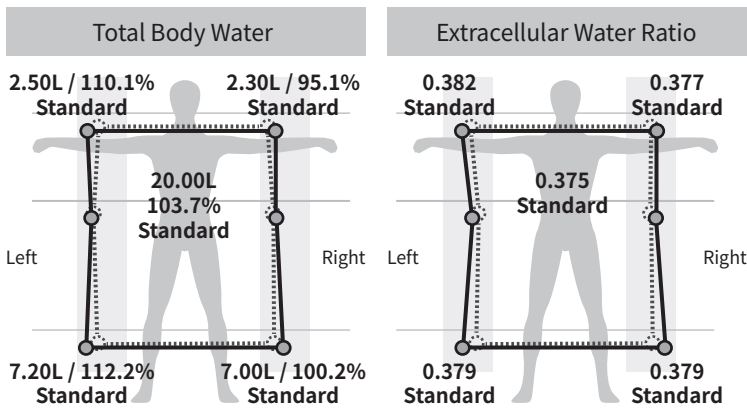
### Body Water Analysis



### Abdominal Obesity Analysis



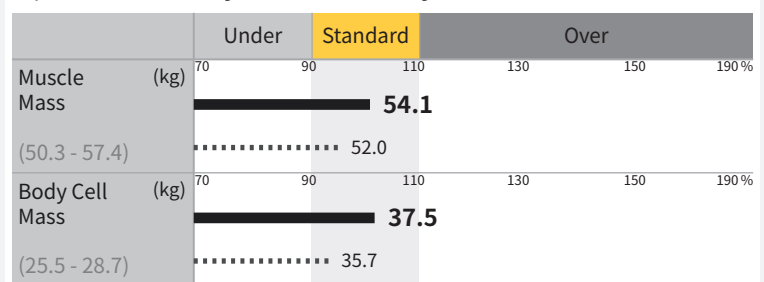
### Segmental Body Water & Phase Angle Analysis



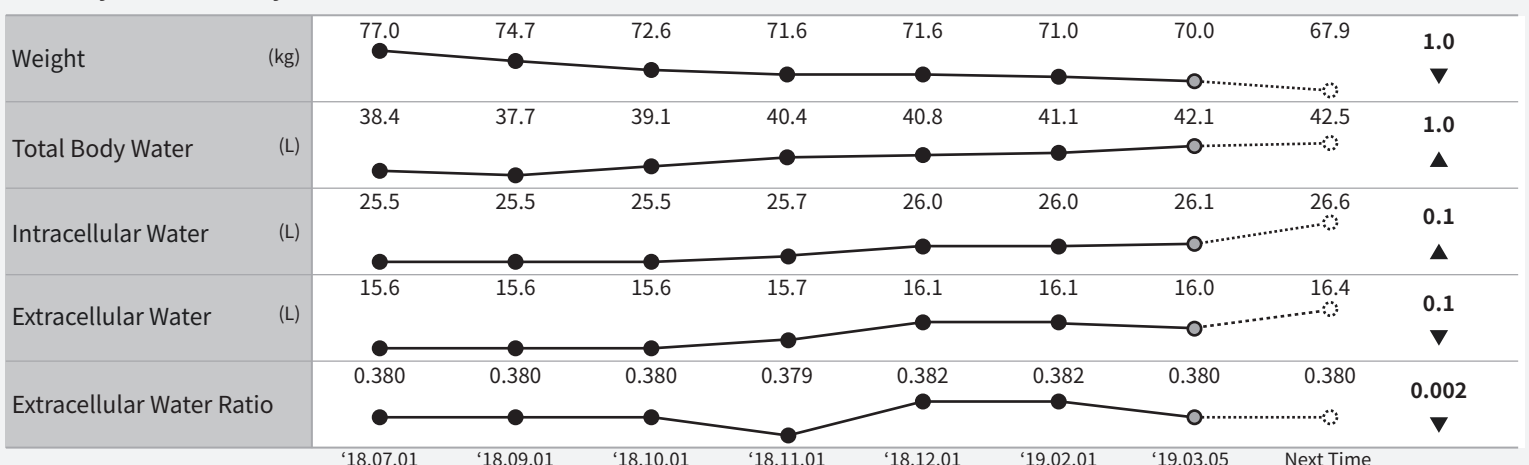
### Abdominal History

Date	Visceral Fat Area	Subcutaneous Fat Area	VSR	Waist Circumference	Abdominal Fat Ratio	WHtR
'19.03.05	46.4cm²	77.6cm²	0.59	77.2cm	0.83	0.44
'19.02.01	50.0	79.2	0.63	77.0	0.84	0.44
'18.12.01	51.2	80.1	0.64	77.8	0.85	0.44
'18.11.01	53.3	80.5	0.66	78.5	0.87	0.45
'18.10.01	57.9	82.7	0.69	81.4	0.91	0.47

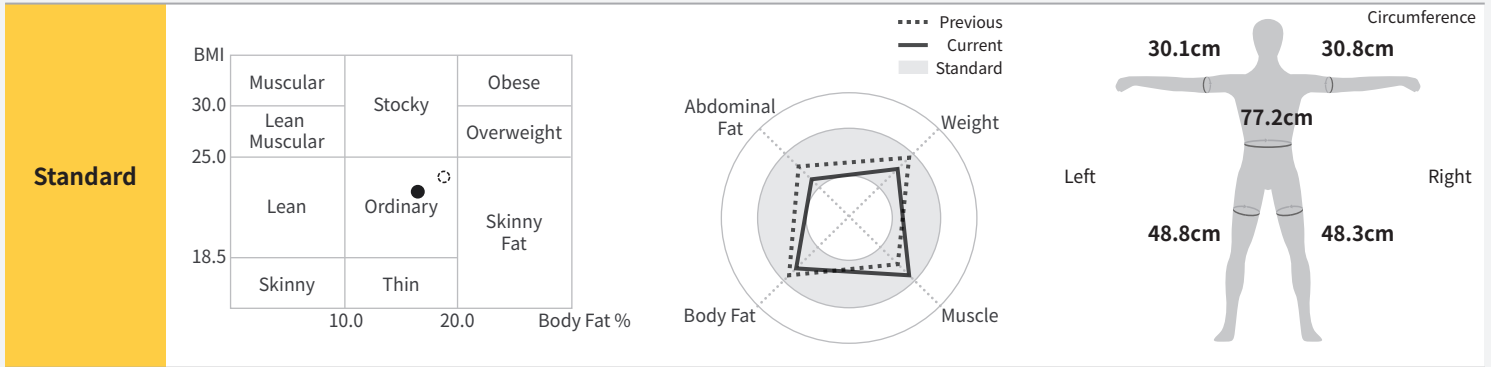
### Muscle & Body Cell Mass Analysis



### Body Water History



### Body Type & Circumference Analysis



### Exercise Nutrition Guide

BMR :	1,605 kcal	Total Energy Expenditure :	2,434 kcal	Recommended Intake of Calories :	2,389 kcal
Nutrients (kcal)	Breakfast	Lunch	Dinner	Sum	Representative Foods
Carbohydrate	420	443	407	1,270	Oats(155g), White rice(127g), Flour(132g)
Protein	150	163	150	463	Egg(265g), Chicken(138g), Beef(193g)
Fat	216	227	213	656	Almond(44g), Walnut(31g), Cheese(103g)
Sum	<b>786</b>	<b>833</b>	<b>770</b>	<b>2,389</b>	Representative food is a reference, simply calculated for each nutrient.
Target Body Fat Mass	10.1 (kg)		Recommended Intake of Water	2,100 (ml)	
*Exercise Intensity	133~161 (HR/min.)		Recommended Intake of Protein	108 (g)	
*Calorie Consumption	490 (kcal/h)		Recommended Intake of Water before Exercise	350 ~ 490 (ml)	
*Estimated Completion	10 (주)		Recommended Intake of Protein after Exercise	23 ~ 29 (g)	

\*Based on Jogging(1hour/day)

### Calorie Consumption

kcal / 30 min (based on current weight)									
Gateball	115	Table Tennis	140	Basketball	227	Aerobics	255	Football	280
Walking	122	Golf	168	Jogging	245	Tennis	255	Climb	280
Yoga	140	Badminton	192	Swimming	245	Bicycle	262	Jump rope	308

### Age-Specific Assessment

