



Date: 21 / 7 / 2018

File Number: 1.000.764

Patient Name: Shaimaa Magdy

اسم المريض:

Date Of Birth (تاريخ الميلاد): 12 / 3 / 1986 Gender (الجنس): M / (F)

Marital Status: (الحالة الاجتماعية): Married

Nationality (الجنسية): Egypt

Occupation (الوظيفة):

Address (العنوان): At. Magdy

Phone No. (رقم الهاتف): 0 50 602 4602

E-MAIL: pipo.3225@yahoo.com

How did you know about us: Google

التاريخ الطبي Medical History	
الحالة الطبية Medical Condition	Yes/No لا/نعم
Recent or current drugs/Medical Treatment هل تتعاطى أي أدوية أو تتلقى أي علاجات حديثة؟	Yes/No لا/نعم
Corticosteroids/Immunosuppressant هل تتعاطى أي ستيرويدات أو مثبطات للمناعة؟	Yes/No لا/نعم
Allergies هل لديك أي حساسية؟	Yes/No لا/نعم
Surgical Operations, Serious illness هل أجريت أي عمليات جراحية أو تعاني من أي أمراض؟	Yes/No لا/نعم
Cardiac surgery, Rheumatic fever, Endocarditis, Artificial heart valve, Congenital heart disease جراحة قلب، حمى روماتويد، التهاب شغاف القلب، صمام قلب صناعي، أمراض القلب	Yes/No لا/نعم
High Blood Pressure, Bleeding disorders, Anticoagulants هل لديك ارتفاع في ضغط الدم، مشاكل في النزيف أو تتعاطى أي مميعات للدم؟	Yes/No لا/نعم
Anemia, Leukemia (سرطان الدم)، لوكميميا	Yes/No لا/نعم
Chest disease, Asthma, Bronchitis, TB, Other أمراض صدرية، أزمة تنفسية، التهاب في الشعبات، السل، أمراض أخرى	Yes/No لا/نعم
Renal, Urinary, Sexually transmitted disease هل تعاني من أي أمراض في الكلى أو أمراض بولية أو تناسلية؟	Yes/No لا/نعم
For Ladies: Pregnancy, Contraceptive pill, Menstrual problems السيدات : هل أنت حامل؟ هل تتعاطين أي مانع للحمل؟ هل تعاني من مشاكل في الدورة الشهرية	Yes/No لا/نعم
Hepatitis, Jaundice, Other liver diseases التهاب الكبد الوبائي ، الصفراء، أي أمراض كبدية أخرى	Yes/No لا/نعم
Peptic ulcer, Crohn's ulcerative colitis, Other قرحة معوية، داء كرون، أي أمراض معوية أخرى؟	Yes/No لا/نعم
Epilepsy, or any other neurological disease هل تعاني من الصرع أو أي أمراض في الجهاز العصبي؟	Yes/No لا/نعم
Thyroid Diseases, Diabetes هل تعاني من مرض السكر أو أمراض الغدة الدرقية؟	Yes/No لا/نعم
Other conditions HIV...etc هل تعاني من أي أمراض أخرى؟ فيروس الإيدز، فيروس الحلا البسيط etc	Yes/No لا/نعم



Medical Consent Form

- I hereby consent and authorize the doctor to treat my medical condition which has been explained to me by the qualified physician
- I understand that in order to provide me with the most efficient and enhanced service, diagnostic and other procedures may be deemed necessary.
- I understand that my treating doctor may discover other or different conditions, which may require additional or different procedures than those planned.
- I authorize my treating doctor to perform any procedures which are advisable in their professional judgment.
- I understand that no warranty or guarantee has been made to me as a result or cure just as there may be risks and hazards in continuing my present condition without treatment.
- I understand that there are also risks and hazards to the performance of the diagnostic and/or surgical procedures.
- I realize that common surgical or diagnostic procedures are potential for an infection, swelling, bleeding, pain or allergic reaction.
- I understand that there are minimal fees to be paid per service and that all fees must be paid in full before the completion of treatment.
- I consent that all medical history and information I provided in my medical file is true and I understand that any information I provide regarding my medical status will be kept confidential and anonymous.
- I believe that I have sufficient information to give this consent. I certify that this form has been fully explained to me and that I have read it and I understand its' content and I sign it with all my will.

Patient's Signature/ Guardians (In case of minors):

Date: ... / ... /

نموذج اقرار طبي

- أوافق و أسمح للطبيب بعلاج حالتي المرضية التي تم شرحها لي من قبل الطبيب المختص و المؤهل،
- أتفهم أن بعض الإجراءات الطبية والتشخيصية الإضافية قد تكون ضرورية من أجل ترويدي بالعلاج الأفضل و الخدمة الأفضل.
- أتفهم أنه من الممكن أن يكشف الطبيب خلال العلاج أموراً مختلفة عن ما نكر في الفحص الأولي و التي قد تتطلب إجراءات إضافية أو مختلفة عن تلك المخطط لها.
- أفوض الطبيب المعالج باتخاذ كل الإجراءات الطبية و العلاجات اللازمة و المطلوبة بحكم خبرته المهنية و العلمية.
- أقر أنه لم يتم تقديم اي ضمانات او تأمين لتتاج العلاجات و الإجراءات الطبية او التجميلية المقدمة لي. كما اتفهم الاخطار و المضاعفات الناتجة عن عدم استكمال علاج حالتي المرضية.
- أتفهم تماماً كافة الاخطار و المضاعفات التي قد تكون مصاحبة الفحوصات و الإجراءات العلاجية و الجراحية.
- و ادرك أن بعض الإجراءات التشخيصية و العلاجية و الجراحية قد تؤدي الى مضاعفات كالتهاب أو التورم أو النزيف أو الالام أو الحساسية
- أتفهم أن هناك رسوم بالحد الأدنى يجب علي دفعها مقابل الخدمة العلاجية و أن جميع الرسوم المطلوبة يجب ان تسدد بالكامل قبل الانتهاء من العلاج.
- أقر أن كافة المعلومات الطبية و التاريخ الطبي الذي قدمت لي ففصي للملف الصحية و اتفهم ان اي معلومات تتعلق بحالتي الصحية ستبقى سرية تماماً ولا يمكن الاطلاع عليها دون موافقتي
- أقر أن لدي المعلومات الكاملة لتقديم هذا الاقرار و ان هذا النموذج قد تم شرحه لي بالكامل و اني قد قرأت و فهمت جميع تفاصيله بالكامل و اني وقعت عليه بكامل ارادتي

توقيع المريض / ولي الأمر (من هم دون السن القانونية):

التاريخ: 21.7.2017

Zero

ID 210718-2

Height 159cm

Age 32

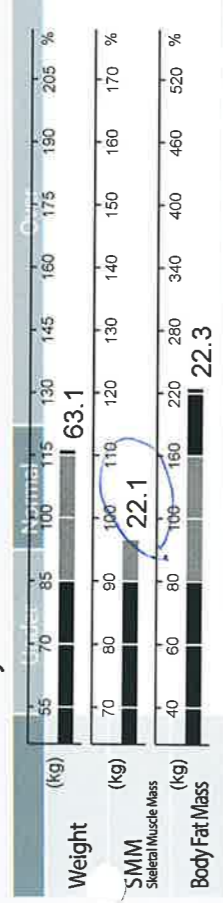
Gender Female

Test Date & Time 21.07.2018. 14:27

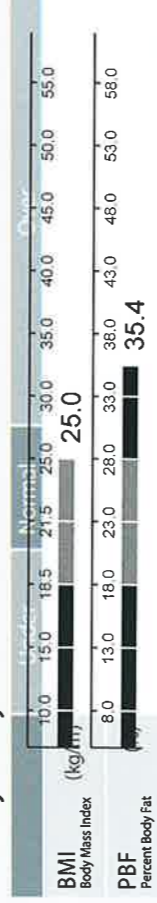
Body Composition Analysis

Total amount of water in body	(L)	29.8 (27.7~33.9)
For building muscles	(kg)	8.0 (7.4~9.0)
For strengthening bones	(kg)	2.99 (2.56~3.13)
For storing excess energy	(kg)	22.3 (10.9~17.4)
Sum of the above	(kg)	63.1 (46.2~62.6)

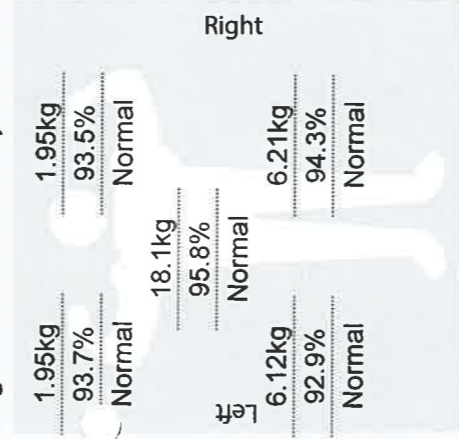
Muscle-Fat Analysis



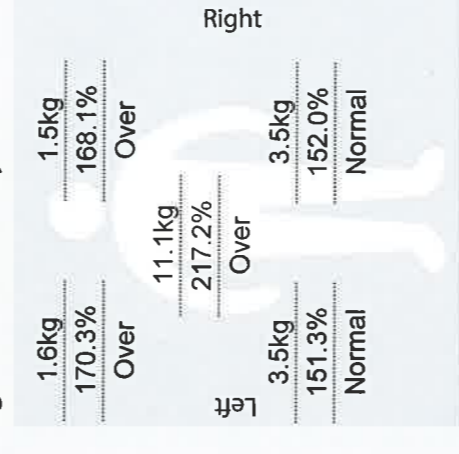
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History

Weight (kg)	63.1
SMM (kg)	22.1
PBF (%)	35.4

InBody Score

69/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 54.4 kg
 Weight Control - 8.7 kg
 Fat Control - 9.8 kg
 Muscle Control + 1.1 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.87

Visceral Fat Level

Level 10

Research Parameters

Fat Free Mass 40.8 kg
 Basal Metabolic Rate 1250 kcal (1315~1524)
 Obesity Degree 116 % (90~110)
 Recommended calorie intake 1587 kcal

Calorie Expenditure of Exercise

Golf	111	Gateball	120
Walking	126	Yoga	126
Badminton	143	Table Tennis	143
Tennis	189	Bicycling	189
Boxing	189	Basketball	189
Mountain Climbing	206	Jumping Rope	221
Aerobics	221	Jogging	221
Soccer	221	Swimming	221
Japanese Fencing	316	Racketball	316
Squash	316	Taekwondo	316

* Based on your current weight
* Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

RA LA TR RL LL
 Z(Ω) 20 kHz 411.8 409.5 24.7 279.0 286.3
 100 kHz 369.6 370.5 21.3 251.6 258.3

Patient Assessment Form استمارة تقييم المريض

المؤشرات الحيوية Vital Signs

Weight (الوزن): 63 Kg
Pulse (النبض): / ppm

Height (الطول): cm 159
Blood Pressure (الضغط الدم): /

Blood Type (فصية الدم):
Blood Sugar (سكر الدم):

سبب زيارة المريض للعيادة Chief Complaint

التاريخ المرضي: Disease History

الحساسية Allergies

الأدوية Medications

الحمل Pregnancy

Previous Surgeries, Hospitalization
عمليات سابقة ، ائحال المستشفى

Smoking (التدخين): Y / N

Snisha.

Alcohol (الكحول): Y / N

Drugs (تداعلي العقاقير): Y / N

Atarax .

الملاحظات العامة و السريرية General & Clinical Findings

الفحص Examination

الصور الشعاعية Radiography

التشخيص Diagnosis

PCOD pt 8 Anemia

Prom 800g per week.

خطة العلاج
Treatment Plan

- * Target wt.: Skg.
- * 1 month + 1 week.

5 session + 5 week consultation

* Starting day 23/7/18.

- * Anemia
- * PCOD, under medication.
- * ↑ Protein ↓ CBIS or ↑ in GI FOOD.

Snack after BR lunch should be sandwich.

Brown Bread less fruits, Chocolate Protein Bar.

Doctor's Signature and Stamp

Balsan

REDAD DATA

cAEAlOEBA830DQxO

Confirm Data

Public Data Readed Succ

SHOW READED DATA

Public Data Verification report

File	Valid Signature?
Non-Modifiable Data (SF3)	False
Modifiable Data (SF5)	False
Holder Signature Image (SF7)	False
Photography	False
Home Address	False
Work Address	False

Card Holder Information

Name	Shaimaa,Magdy,Said,Abdou	IDN:	784198679846141	Mother Name:	
Name (Ar)	شيماء ماجدى سعيد, عبده	Card Number:	076241162	Mother Name (Ar):	
Title:		Nationality:	EGY	Family ID:	
Title(Ar):		Nationality (Ar):	مصر		
Issue Date:	22/12/2015	Sex:	F	Sponsor Type:	02
Expiry Date:	12/12/2018	Date of Birth:	12/03/1986	Sponsor Name:	الليزبه فيصل صواب خديس رشاش
Marital Status:	02	Husband IDN:		Sponsor Number:	12014532
Residency Type:	03	Residency Number:	10120043017662	Residency Expiry:	12/12/2018
ID Type:	IL	Occupation:	99	Occupation Field:	00



Photo

Signature Image

<http://orchidsvr/EMID/default.aspx>

7/21/2018



Dietary consultation involves a health profile. The purpose of the health profile is not to establish a diagnosis, but rather to determine a client's health status in order to guide his/her weight control plan. A client may be advised to seek medical advice based on his/her health profile.

Date: ٢١ / ٧ / ٢٠١٨ File Number: ١٥٥٥٧٦٦٤

Patient Name: Shaimaa Magdy اسم المريض

Current Weight (الوزن الحالي) : ٦٢ Weight 1 year ago (الوزن السنة الماضية) : ٥٩

Minimum Adult Weight (أقل وزن) : Age: Maximum Adult Weight (أعلى وزن) : Age:

Do You Exercise (هل تقوم بالتمارين الرياضية) : Yes / No Exercise Type (نوع التمرين) : ١

Have You Been on a diet before? Yes / No هل انتظمت سابقا بأي حمية غذائية؟ نعم / لا

If yes, please specify which diet(s) and why you think it didn't work for you?

إذا كانت الاجابة نعم ، لماذا تعتقد ان تلك الحمية لم تكن مناسبة لك؟

تقليل الطعام / سكر

On a scale of 1 to 10, Indicate the level of importance you give to losing weight with professionally supervised weight loss method

بمقياس ١ الى ١٠ ، حدد درجة اهمية فقدانك للوزن تحت اشراف المتخصصين

Least Importance 1 2 3 4 5 6 7 8 9 10 More Importance

How Many Children Do You Have? ٢ كم عدد اطفالك؟

Who does the most cooking at home? ١ منا من يقوم بطهي الطعام غالبا في المنزل؟

On Average how many hours do you sleep per night? ٧ ما هو معدل ساعات نومك ليلا؟

لا تجب الأكل والنسكافيه
1908-2011

Eating Habits العادات الغذائية
Breakfast الغطور

Do You Have Breakfast Every Morning? Yes Sometimes No Never
Approximate time: الساعة 10-11

Details: سنة حتى صرنا اسمر + حبة حتى ين اكلنا
فطار حسي + شاي اصر (الطقم حسي)
الدوا + كوك حاد
صباح فطيرة
(٢-٥) حباته / حوزة / بلح (١٥-١٠) حبة
١-2pm

Lunch الغداء

Do You Have Lunch Every Morning? Yes Sometimes No Never
Approximate time: ٤:30pm

Details: ٦-٥ ملائم طماق اريز + بامنة + (٥) طماق للطبخة +
سلطة مقدمتسي + طماق + زيت زيتون (١) حبة طماق كير
٧-8pm

Do You Have a Snack Before dinner? Yes Sometimes No Never
Approximate time: ٧-8pm

Details: آبون عاب
ملوك لانا (٥) باتسي + (١) آيسيس شيسيس لينز
هبة فاكهه (١-٢) حوزة / حوزة

Dinner العشاء

Do You Have Lunch Every Morning? Yes Sometimes No Never
Approximate time: ١-2pm

Details: تاجر (١) حبة طماق + كوك روبا +
هبة حسي
١-2pm sleeping

Do You Have a Snack Before dinner? Yes Sometimes No Never
Approximate time: ١-2pm

Details: كوك روبا
١-2pm sleeping

*
سندوس
حبة
لبن
لبن

Consent Form For Nutritionist Weight loss Method

I confirm that the information that I have provided and that is recorded by me on this health profile is true, complete and accurate and that I have not withheld or otherwise omitted weather in whole or in part, any information concerning my health status. in this respect, I confirm that I have disclosed all past and present physical/ or mental health problems or concerns that I have experienced, diagnosis and/or surgeries that I have had, medications and supplements that were prescribed to me or that I have taken.

Without limitation to the foregoing I specifically confirm that I do not have the conditions and that I am not taking any medications. Furthermore, I understand that I should not be undertaking or otherwise following the weight loss method if I have any of the said conditions or if I am currently taking any of the said medications unless I specifically consult with a medical doctor while I am on weight loss method, and provide documentation confirming the foregoing.

I understand that if I have any of the aforementioned conditions or if I am currently taking any of the aforementioned medication, or I have not disclosed same to the center and nevertheless chose to go on professional weight loss method without specific supervision, such decision will be completely voluntary, and I release and discharge the center as the laboratories or any employee from any and all damages, liabilities, claims and causes of action of any nature whatsoever that may result from such voluntary decision.

I confirm that the Nutritionist has explained to me that I have had the opportunity to ask questions relating to the weight control method, and that I have been provided with the answers to such questions and that I understand the importance of strictly following the weight control method as explained to me verbally and in the materials provided to me, both before and during the weight control method

without limitation to the foregoing, I confirm that I have been advised that because the weight control method limits the ingestion of certain goods, it is important that I consume the recommended vitamins and minerals while I'm on the weight control method.

I undertake to disclose immediately to the center and nutritionist all the changes in my health status, discomfort, symptoms or other health concerns that I may experience while I am on the weight control method.

نموذج اقرار للتحكم بالوزن تحت اشراف اخصائي تغذية

أقر أن كافة المعلومات التي قمت بالإدلاء بها في ملفي الطبي صحيحة وكاملة ودقيقة و اني لم أخف أي معلومات تتعلق بصحتي أو عاداتي الغذائية جزئيا أو كليا. وأقر أنني قد قدمت كافة المعلومات المتعلقة بصحتي الجسدية والنفسية و اي حالة مرضية كنت قد مررت بها وكافة الجراحات التي قد أجريت لي و الادوية و المكملات التي قد وصف لي او اقوم بتناولها حاليا.

و أقر أنه ليس لدي اي حالات مرضية من التي سبق ذكرها في الملف الطبي لا تناول أي أدوية عدا عن التي أوضحت عنها في الملف الطبي و اتهم انني لا يجب ان اتعاطى أي أدوية خلال او بعد اتباعي لطريقة التحكم بالوزن تحت اشراف الاخصائي دون استشارة طبيب و دون اعلامي لاخصائي التغذية بهذه الادوية او المكملات و ابراز الوثائق الرسمية التي تدل على ذلك.

اتهم ان تعاطي أي أدوية دون اعلامي لاخصائي التغذية او خصوصي لطرق تحكم الوزن دون اعلامي للاخصائي و دون اشراف المختصين هو قرار شخصي و اختياري. و أعفي الاخصائي و الطبيب و المركز و أي من موظفيه من تبعات هذا القرار و لا يحق لي المطالبة بأي تعويض عن الاضرار الناتجة عن هذا القرار الاختياري.

أقر أن اخصائية التغذية قد أتاحت لي الفرصة كاملة لطرح اي اسئلة تتعلق بطريقة التحكم بالوزن، و انه قد تمت اجابة كافة اسئلتي بشكل كاف و كامل. و اني اتهم اهمية اتباعي لطريقة التحكم بالوزن بدقة كما تم شرحها لي شفويا و من خلال المواد المكتوبة التي تم تزويدي بها و الالتزام بكافة التعليمات قبل و بعد اتباعي لطرق التحكم بالوزن.

بالإضافة الى ما سبق أقر أنه قد تم اعلامي أنه بسبب اتباعي لطريقة التحكم بالوزن فإنه يجب تناول بعض الفيتامينات و المعادن و المكملات الغذائية و انه يجب الالتزام بتناول هذه المكملات بينما اتبع وسيلة التحكم بالوزن.

اتعهد باخبار المركز و اخصائية التغذية فورا عن أي تغييرات في حالتي الصحية او اي ضيق او اعراض او اي مشاكل صحية قد يتعرض لها بينما اخضع لوسيلة التحكم بالوزن.



مركز أوركيد الطبي
ORCHID MEDICAL CENTER

500.00

RECEIPT_VOUCHER (No.REC-000937)

Date:21-07-2018

Receive from Mr./Mrs./M/s. 1000764 - SHAIMAA MAGDY - 971506024602

The sum of Dhs. Five Hundred Dirhams and Zero Fils Only

By Cash 500.00 / By Credit Card 0.00 / By Cheque 0.00 / By Bank Transfer 0.00 / By Allocated 0.00

Bank: Cheque No.

Date: 21-07-2018

Being

Made by Ghada 

**Tel : + 9716 555 8337, Fax : + 9716 528 8130, e - mail : info@omc1.ae
www.omc1.ae**



مركز أوركيديد الطبي
ORCHID MEDICAL CENTER

1,600.00

RECEIPT VOUCHER (No.REC-000951)

Date:25-07-2018

Receive from Mr./Mrs./M/s. 1000764 - SHAIMAA MAGDY - 971506024602

The sum of Dhs. One Thousand Six Hundred Dirhams and Zero Fils Only

By Cash 1,600.00 / By Credit Card 0.00 / By Cheque 0.00 / By Bank Transfer 0.00 / By Allocated 0.00

Bank: Cheque No.

Date: 25-07-2018

Being AGAINST INVOICE NO : 2149

Made by Ghada 

Tel : + 9716 555 8337, Fax : + 9716 528 8130, e - mail : info@omc1.ae
www.omc1.ae

210718-2 Height 159cm Age 32 Gender Female Test Date & Time 31.07.2018. 13:49

Body Composition Analysis

Total amount of water in body	(L)	29.5 (27.7~33.9)
For building muscles	(kg)	7.9 (7.4~9.0)
For strengthening bones	(kg)	2.89 (2.56~3.13)
For storing excess energy	(kg)	21.2 (10.9~17.4)
Sum of the above	(kg)	61.5 (46.2~62.6)

InBody Score

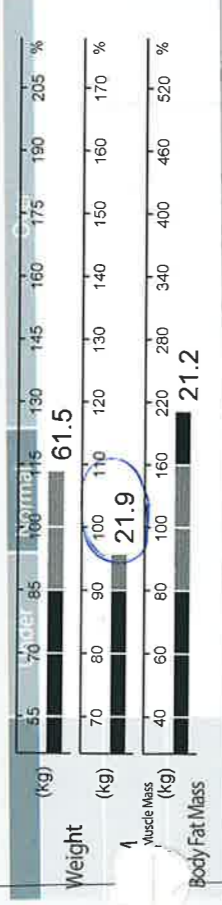
70 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight **54.4** kg
 Weight Control **-7.1** kg
 Fat Control **-8.7** kg
 Muscle Control **+1.6** kg

Muscle-Fat Analysis



Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

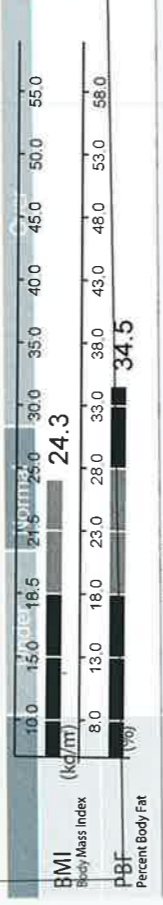
Waist-Hip Ratio

0.90

Visceral Fat Level

Level 10

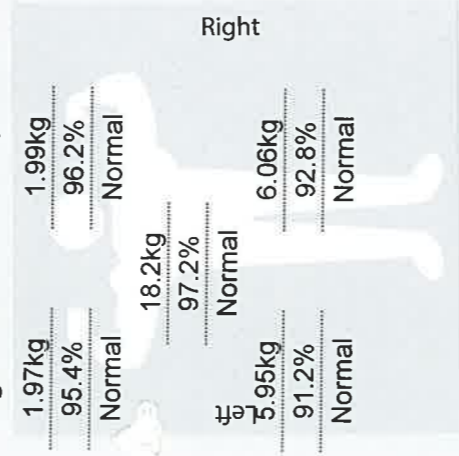
Obesity Analysis



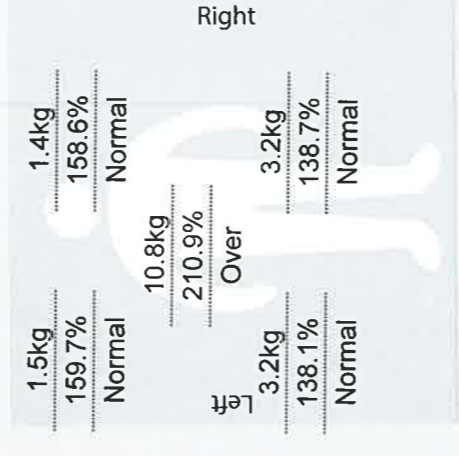
Research Parameters

Fat Free Mass **40.3** kg
 Basal Metabolic Rate **1240** kcal (1291~1495)
 Obesity Degree **113** % (90~110)
 Recommended calorie intake **1570** kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	108	Gateball	117
Walking	123	Yoga	123
Badminton	139	Table Tennis	139
Tennis	185	Bicycling	185
Boxing	185	Basketball	185
Mountain Climbing	201	Jumping Rope	215
Aerobics	215	Jogging	215
Soccer	215	Swimming	215
Japanese Fencing	308	Racketball	308
Squash	308	Taekwondo	308

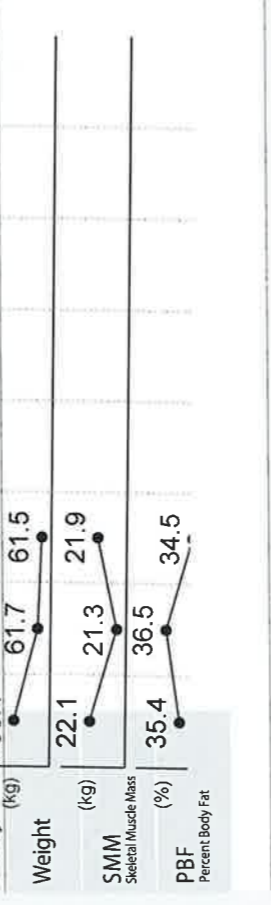
* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Body Composition History



Impedance

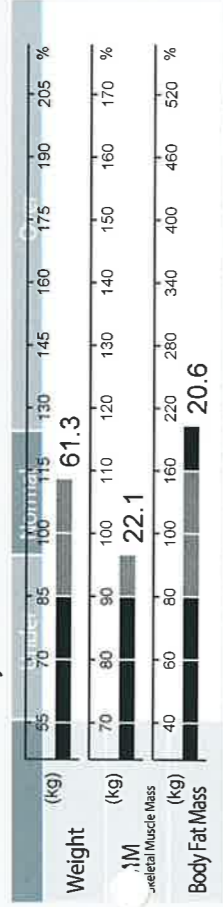
Z(Ω) 20 Hz | 396.7 400.4 25.8 290.4 300.3
 100 Hz | 357.8 361.7 22.4 261.6 270.1

ID 210718-2 | Height 159cm | Age 32 | Gender Female | Test Date & Time 04.08.2018. 14:46

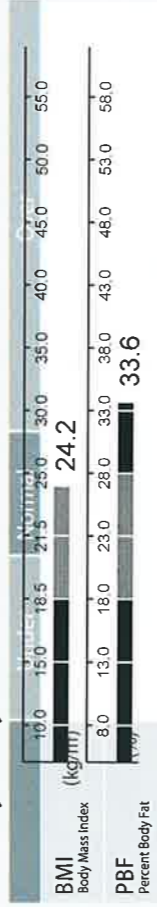
Body Composition Analysis

Total amount of water in body	(L)	29.8 (27.7~33.9)
For building muscles	(kg)	8.0 (7.4~9.0)
For strengthening bones	(kg)	2.89 (2.56~3.13)
For storing excess energy	(kg)	20.6 (10.9~17.4)
Sum of the above	(kg)	61.3 (46.2~62.6)

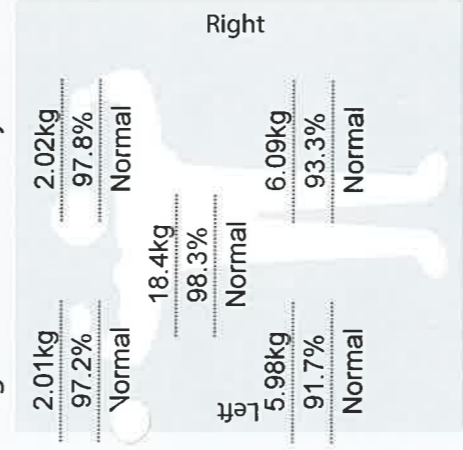
Muscle-Fat Analysis



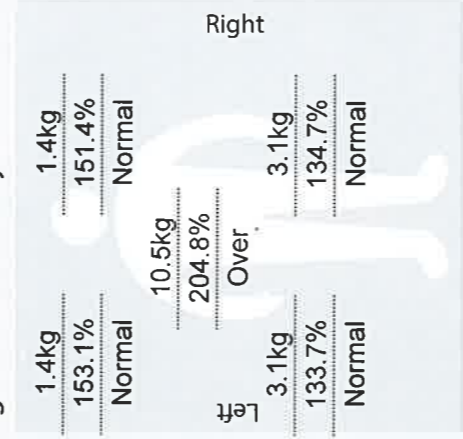
Obesity Analysis



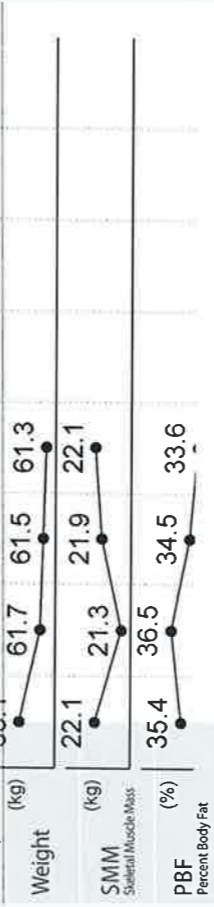
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

71 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	54.3 kg
Weight Control	- 7.0 kg
Fat Control	- 8.1 kg
Muscle Control	+ 1.1 kg

Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over	

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	40.7 kg
Basal Metabolic Rate	1250 kcal (1288~1492)
Obesity Degree	113 % (90~110)
Recommended calorie intake	1568 kcal

Calorie Expenditure of Exercise

Golf	108	Gateball	117
Walking	123	Yoga	123
Badminton	139	Table Tennis	139
Tennis	184	Bicycling	184
Boxing	184	Basketball	184
Mountain Climbing	200	Jumping Rope	215
Aerobics	215	Jogging	215
Soccer	215	Swimming	215
Japanese Fencing	307	Racketball	307
Squash	307	Taekwondo	307

* Based on your current weight
* Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

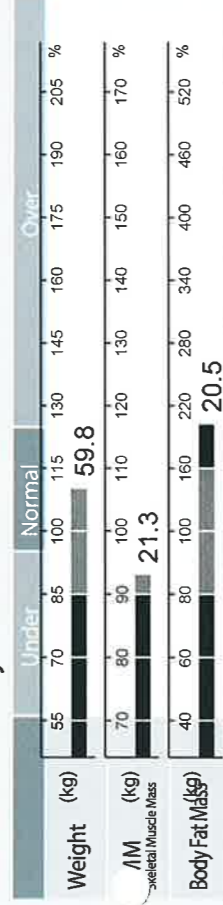
RA	LA	TR	RL	LL
Z(Ω) 20 kHz	394.8	397.1	24.9	290.6
100 kHz	355.4	359.0	21.8	260.4

ID 210718-2 | Height 159cm | Age 34 | Gender Female | Test Date & Time 08.2018. 14:47

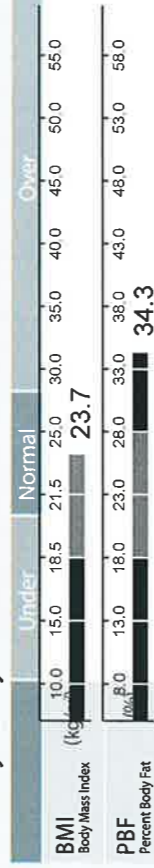
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	28.8 (27.7~33.9)
For building muscles	Protein (kg)	7.6 (7.4~9.0)
For strengthening bones	Minerals (kg)	2.87 (2.56~3.13)
For storing excess energy	Body Fat Mass (kg)	20.5 (10.9~17.4)
Sum of the above	Weight (kg)	59.8 (46.2~62.6)

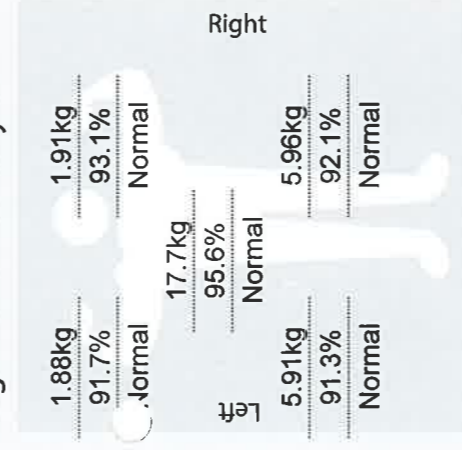
Muscle-Fat Analysis



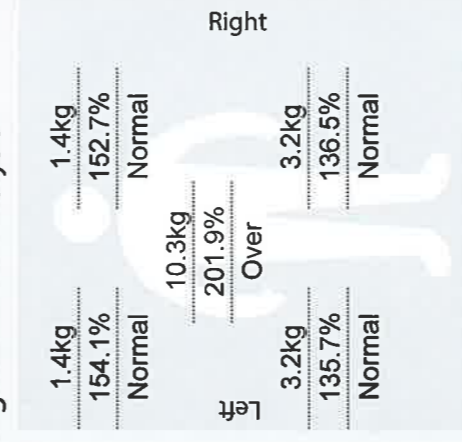
Obesity Analysis



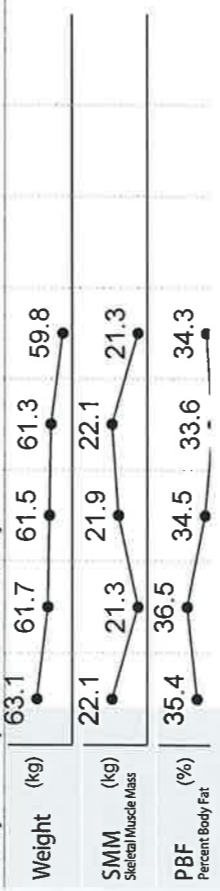
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

69/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 54.4 kg
 Weight Control -5.4 kg
 Fat Control -8.0 kg
 Muscle Control +2.6 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.89

Visceral Fat Level

Level 9

Research Parameters

Fat Free Mass 39.3 kg
 Basal Metabolic Rate 1218 kcal (1265~1464)
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 1553 kcal

Calorie Expenditure of Exercise

Golf	105	Gateball	114
Walking	120	Yoga	120
Badminton	135	Table Tennis	135
Tennis	179	Bicycling	179
Boxing	179	Basketball	179
Mountain Climbing	195	Jumping Rope	209
Aerobics	209	Jogging	209
Soccer	209	Swimming	209
Japanese Fencing	299	Racketball	299
Squash	299	Taekwondo	299

*Based on your current weight
 *Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(Ω) 20 kHz 411.5 418.6 26.9 302.5 307.2
 100 kHz 371.6 378.2 23.4 270.8 276.2

21/07/18-2 Height 159cm Age 32 Gender Female Test Date & Time 18.08.2018. 15:13

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	28.8 (27.7~33.9)
For building muscles	Protein	(kg)	7.7 (7.4~9.0)
For strengthening bones	Minerals	(kg)	2.78 (2.56~3.13)
For storing excess energy	Body Fat Mass	(kg)	20.0 (10.9~17.4)
Sum of the above	Weight	(kg)	59.3 (46.2~62.6)

InBody Score

70/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 54.3 kg
 Weight Control -5.0 kg
 Fat Control -7.5 kg
 Muscle Control +2.5 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

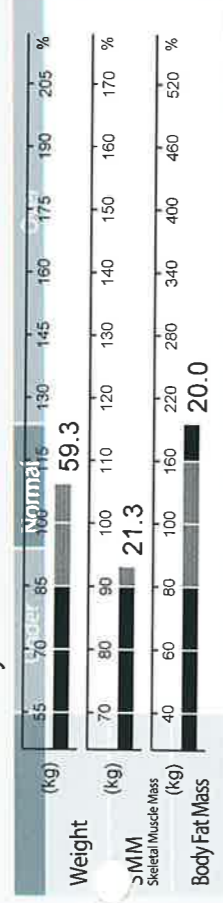
Waist-Hip Ratio

0.88

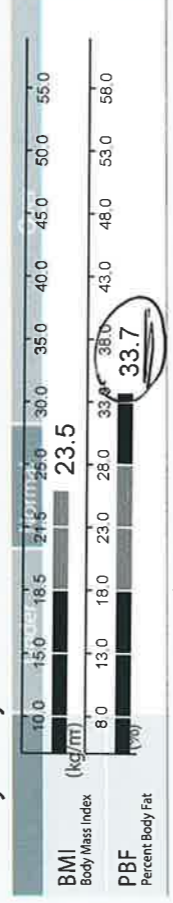
Visceral Fat Level

Level 9

Muscle-Fat Analysis



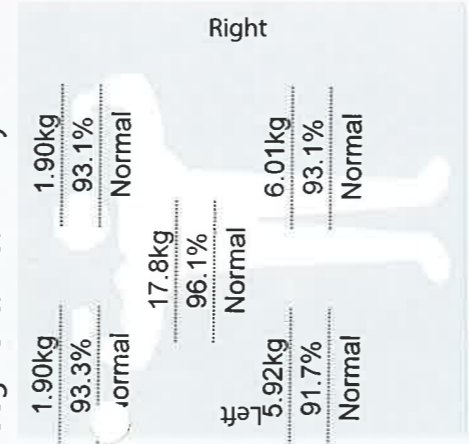
Obesity Analysis



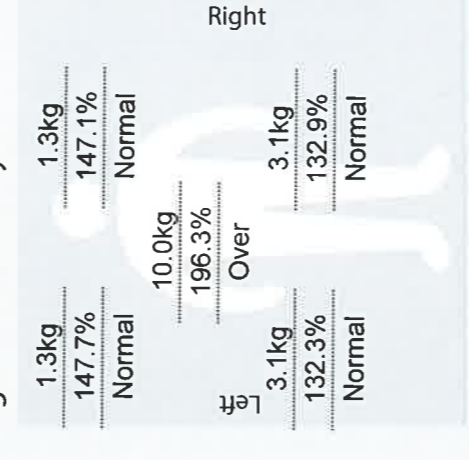
Research Parameters

Fat Free Mass 39.3 kg
 Basal Metabolic Rate 1220 kcal (1258~1455)
 Obesity Degree 109 % (90~110)
 Recommended calorie intake 1547 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	104	Gateball	113
Walking	119	Yoga	119
Badminton	134	Table Tennis	134
Tennis	178	Bicycling	178
Boxing	178	Basketball	178
Mountain Climbing	193	Jumping Rope	208
Aerobics	208	Jogging	208
Soccer	208	Swimming	208
Japanese Fencing	297	Racketball	297
Squash	297	Taekwondo	297

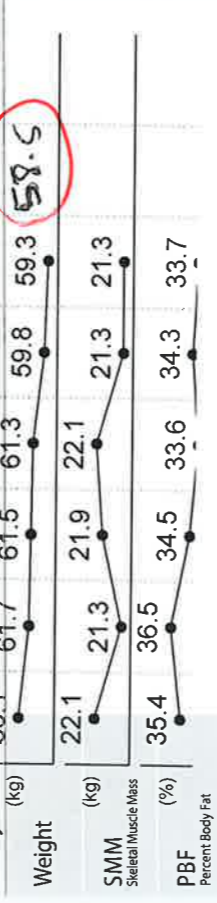
* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Body Composition History



Impedance

Z(kΩ) 20 kHz 409.1 407.9 27.3 296.8 305.4
 100 kHz 368.3 368.2 23.6 266.8 274.6

63.1kg
 61.5kg
 59.8kg
 59.3kg
 59.1kg
 59.1kg
 22/7/18
 22/8/18
 Period
 Period

BODY COMPOSITION ANALYSIS تحليل بنية الجسم							CM LOSS	MEASUREMENTS CHART القياسات					
Date	Date	Date	Date	Date	Date	Date	السنتمترات المفقودة	Date	Date	Date	Date	Date	Date
21/7/18	31/7/18	11/8/18	18/8/18	25/8/18	1/9/18	1/9/18							
Time	Time	Time	Time	Time	Time	Time							
State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men	State: Pre Men/Men/Post Men							
BMR (Kcal/day) ب.م.أ. أو (سعة حرارية/يوم)	1587	1570	1553	1547	1545	2048	Neck العنق						
Fat % الدهون %	35.4	34.5	34.3	33.7	33.5	32.0	Chest 4" below arm pit الصدر 4 إنشات تحت الإبط						
Fat Wt (kg) وزن الدهون (كجم)	22.3	21.2	20.5	20.0	19.8	18.9	Tummy Region of maximum girth while lying down ال البطن أقصى محيط له عند الاستلقاء						
Lean % الوزن من غير الدهون (%)				66.3			Waist 1" above the iliac crest الخصر 1 إنش فوق العظم الحرقفي						
Lean Wt (kg) الوزن من غير الدهون (كجم)	22.1	21.9	21.3	21.3	21.3	21.8	Hip Most prominent widest part of hip الأرداف أقصى محيط لها عند						
Water (kg) الماء (كجم)	29.8	29.5	28.8	28.8	28.8	29.5	Thighs 9" above the outermost edge of bent knee الفخذان 9 إنشات فوق الركبة المنحنية						
Water % % الماء				48.5			Arms Mid pt. between upper bony prominence at shoulder & elbow الذراعون نقطة الوسط بين أعلى الكتف والرفق						
TGT Wt (kg) الوزن المرغوب (كجم)	5kg ↓	5kg ↓	5kg ↓	5kg ↓	4kg ↓	3.4kg ↓	Total cm loss مجموع السنتمترات المفقودة						
Target Fat % الدهون المستهدفة %				18-24	18-24	18-24	Average cm loss معدل السنتمترات المفقودة						
BMI ب.م.أ. أي	25.0	24.3	23.7	23.5	23.4	23.4							
WHR دهان أو أي	0.87	0.90	0.89	0.88	0.89	0.84							

Handwritten signature or mark.

Recommended protein Bars Berries, Banana, dark chocolate

DIETARY ASSESSMENT تقييم النظام الغذائي

Food Intolerance (if any)	Dislike tea, Nescafe.
Acidity / Heart Burn / Constipation	—
No. of meals consumed / day	2 meals. — 3 meals.
<input checked="" type="radio"/> Veg <input type="radio"/> Non Veg. / <input type="radio"/> Ovo Veg	vegy
Frequency of eating out / week	
Diet Recall - Total Calories (Kcal)	1800-1800 kcal.
CHO (gm)	↑ CHO
Protein (gm)	↓ P.
Fat (gm)	↑ F.
Lifestyle : <input checked="" type="radio"/> Sedentary <input type="radio"/> Moderate / Heavy	
Diet Advised - Total calories (Kcal)	1200 kcal. — 1300
CHO (gm)	
Protein (gm)	
Fat (gm)	
Remarks	<p>Recomm. Berries, Banana, milk shake protein shake 21 P on chocolate Bar, At</p> <p>Dislike: attix, meal, fish, Milk</p>
Counsellor's Name	Balsa
Client's Signature	
Date	10/8/18.

1172 k.cal.
41.3
35
21 P

Note: on medication. (Atarax)



First generation of anti histamine used to treat anxiety disorders & allergic conditions.

Starting 23/7/18

→ Animer

PCOD = under medications

★ Recommended ↑ P. ↓ CHO ↑ GI Food

snack after lunch should be taken (like sandwich)

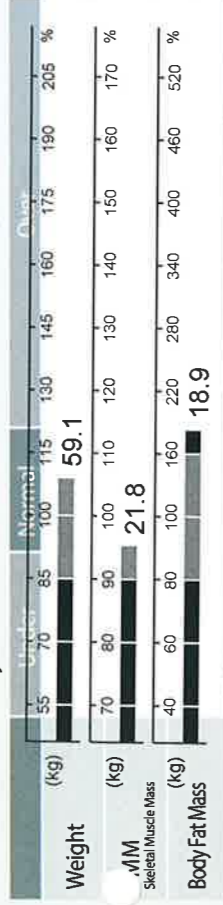
Brown Bread, less Fruits, chocolate Protein Bars

ID 210718-2 | Height 159cm | Age 32 | Gender Female | Test Date & Time 04.09.2018. 14:57

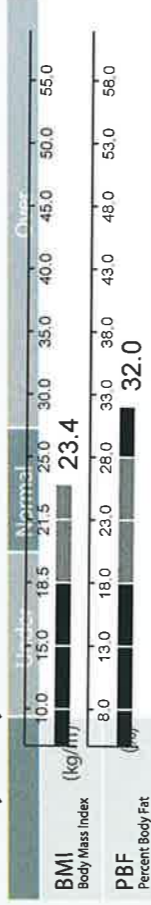
Body Composition Analysis

Total amount of water in body	(L)	29.5 (27.7~33.9)
For building muscles	(kg)	7.8 (7.4~9.0)
For strengthening bones	(kg)	2.88 (2.56~3.13)
For storing excess energy	(kg)	18.9 (10.9~17.4)
Sum of the above	(kg)	59.1 (46.2~62.6)

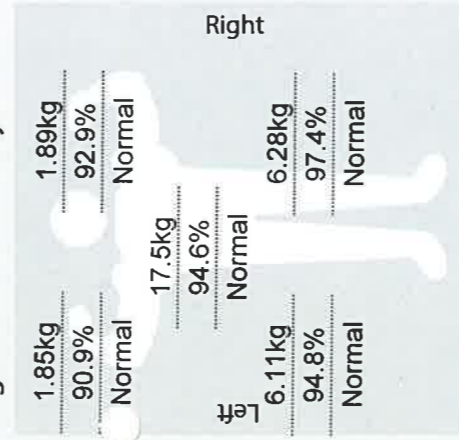
Muscle-Fat Analysis



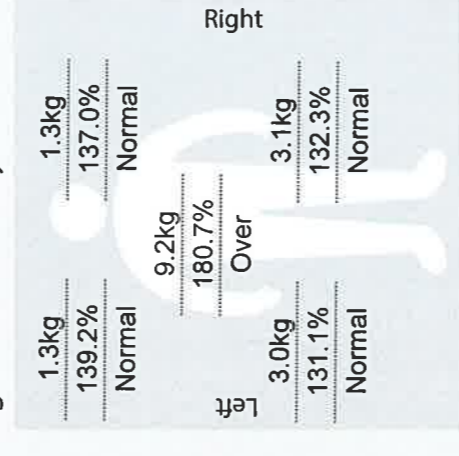
Obesity Analysis



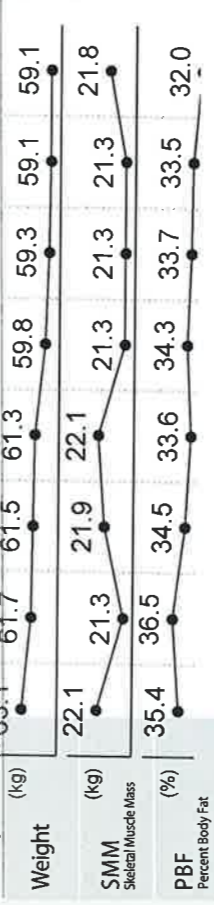
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

72 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 54.4 kg
 Weight Control -4.7 kg
 Fat Control -6.4 kg
 Muscle Control +1.7 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass 40.2 kg
 Basal Metabolic Rate 1238 kcal (1255~1451)
 Obesity Degree 109 % (90~110)
 Recommended calorie intake 2045 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Basketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	296	Racketball	296
Squash	296	Taekwondo	296

* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z(Ω) 20 Hz | 390.2 26.1 262.3 274.7
 100 Hz | 352.6 361.3 22.8 237.0 248.3

ID 210718-2

Height 159cm

Age 32

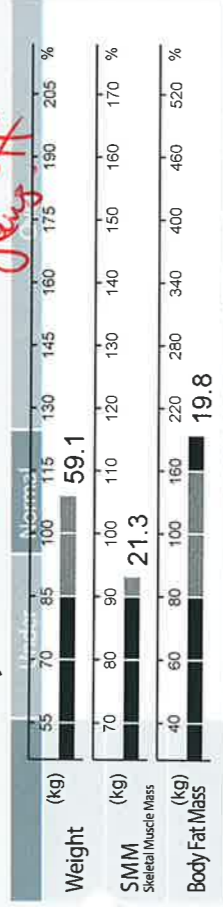
Gender Female

Test Date & Time 25.08.2018. 15:04

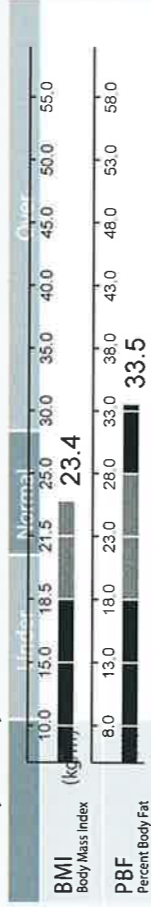
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	28.8 (27.7~33.9)
For building muscles	Protein	(kg)	7.7 (7.4~9.0)
For strengthening bones	Minerals	(kg)	2.77 (2.56~3.13)
For storing excess energy	Body Fat Mass	(kg)	19.8 (10.9~17.4)
Sum of the above	Weight	(kg)	59.1 (46.2~62.6)

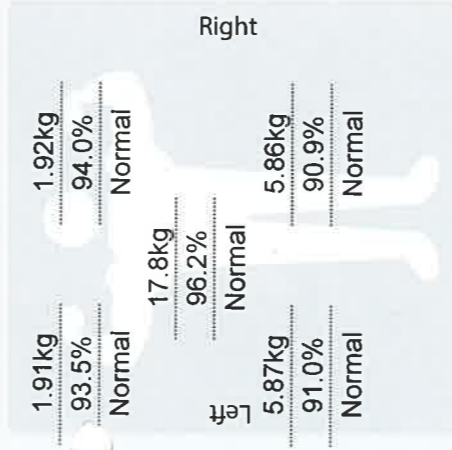
Muscle-Fat Analysis



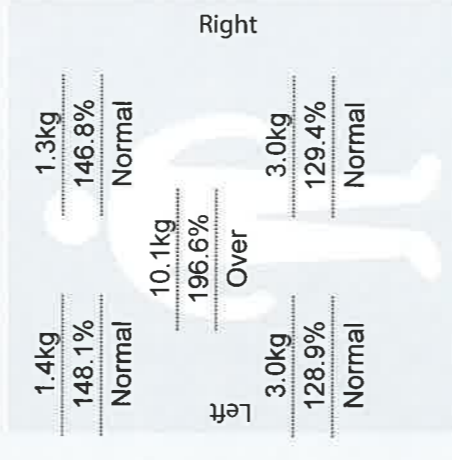
Obesity Analysis



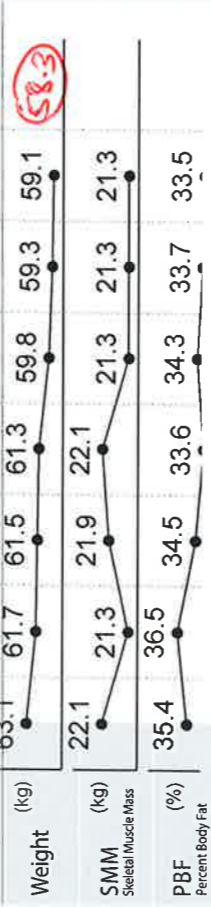
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

70/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight 54.4 kg
 Weight Control -4.7 kg
 Fat Control -7.3 kg
 Muscle Control +2.6 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.89

Visceral Fat Level

Level 9

Research Parameters

Fat Free Mass 39.3 kg
 Basal Metabolic Rate 1218 kcal (1255~1451)
 Obesity Degree 109 % (90~110)
 Recommended calorie intake 1545 kcal

Calorie Expenditure of Exercise

Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Basketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	296	Racketball	296
Squash	296	Taekwondo	296

* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z₍₅₂₎ 20 kHz | 401.3 402.9 27.0 304.8 303.0
 100 kHz | 362.8 365.6 23.6 273.3 273.0