



File No: 1001036

Date: 13/10/2018

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File Number: 1001036

Patient Name: Hiba Ali Sabha

اسم المريض: 17

Date Of Birth (تاريخ الميلاد): 1.9.1991 Gender (الجنس): M / F

Marital Status (الحالة الاجتماعية): 17

Nationality (الجنسية): Palestinian Occupation (الوظيفة):

Address (العنوان): Ajman

Phone No. (رقم الهاتف): 509060356

E-MAIL: ~~h.abu@orchid.ae~~

How did you know about us:

التاريخ الطبي Medical History		
الحالة الطبية Medical Condition	Yes/No نعم / لا	If 'YES' give details اذا كانت الاجابة نعم اذكر بالتفصيل
Recent or current drugs/Medical Treatment هل تتعاطى أي أدوية أو تتلقى أي علاجات حالية؟	لا	
Corticosteroids/Immunosuppressant هل تتعاطى أي سترويدات أو مثبطات للمناعة؟	لا	
Allergies هل لديك أي حساسية؟	لا	
Surgical Operations, Serious illness هل أجريت أي عمليات جراحية أو تعاني من أي امراض؟	لا	
Cardiac surgery, Rheumatic fever, Endocarditis, Artificial heart valve, Congenital heart disease جراحة قلب، حمى روماتيزم، التهاب شغاف القلب، صمام قلب صناعي، امراض القلب	لا	
High Blood Pressure, Bleeding disorders, Anticoagulants هل لديك ارتفاع في ضغط الدم، مشاكل في النزيف أو تتعاطى أي مميعات للدم؟	لا	
Anemia, Leukemia (سرطان الدم)، لو كيميا (سرطان الدم)	لا	
Chest disease, Asthma, Bronchitis, TB, Other امراض صدرية، أزمة تنفسية، التهاب في القصبات، المل، امراض اخرى	لا	
Renal, Urinary, Sexually transmitted disease هل تعاني من أي امراض بولية أو تناسلية؟	لا	
Pregnancy, Contraceptive pill, Menstrual problems هل انت حامل؟ هل تتعاطين أي ممانع للحمل؟ هل تعانين من مشاكل في الدورة الشهرية؟	لا	
Hepatitis, Jaundice, Other liver diseases التهاب الكبد الوبائي، الصفراء، أي امراض كبدية اخرى	لا	
Peptic ulcer, Crohn's ulcerative colitis, Other قرحة معوية، داء كرون، أي امراض معوية اخرى؟	لا	
Epilepsy, or any other neurological disease هل تعاني من الصرع أو أي امراض في الجهاز العصبي؟	لا	
Thyroid Diseases, Diabetes هل تعاني من مرض السكري أو امراض الغدة الدرقية؟	لا	
Other conditions فيروس الإنفلونزا، فيروس الحلا البسيط etc	لا	

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.

نموذج اقرار طبي

- أوافق و أسمع الطبيب 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 تشخيصي بالعلاج الأشمل و الخدمة الأفضل.
- أتفهم أنه من الممكن أن يكلف الطبيب خلال العلاج أمورا مختلفة عن ما ذكر في التفصّل 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 أي ضمانات أو تأمين بنتائج العلاجات و الإجراءات الطبية أو التجميلية القيمة لي، كما أتفهم الاخطار و المضاعفات الناتجة عن عدم استكمال علاج حالتي المرضية.
- أتفهم تماما كافة الاخطار و المضاعفات التي قد تكون مصاحبة للتحوصات و الإجراءات العلاجية و الجراحية.
- و ادرك ان بعض الإجراءات التشخيصية و العلاجية و الجراحية قد تؤدي الى مضاعفات كالالتهاب أو التورم أو النزيف أو الألم أو الحساسية
- أتفهم أن هناك رسوم بالحد الأدنى يجب علي دفعها مقابل الخدمة العلاجية و أن جميع الرسوم المطلوبة يجب ان تسدد بالكامل قبل انتهاء من العلاج.
- أقر أن كافة المعلومات الطبية و التاريخ الطبي الذي قدمت لي تفصي الملف صحيفاً و أتفهم ان اي معلومات تتناقض معالتي الصحية ستبقى سرية تماما ولا يمكن الإفلاخ عليها دون موافقتي
- أقر أن لدي المعلومات الكاملة لتقديم هذا الاقرار و أن هذا التوقيع قد تم شرحه لي بالكامل و اني قد قرأت و فهمت جميع تفاصيله بالكامل و اني وقعت عليه بكل ارادتي

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

Date: ... / ... /

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

التاريخ: 13. / 10. / 2013

Hiberal

المؤشرات الحيوية Vital Signs	
Weight (الوزن): Kg	Blood Type (نمى الدم):
Height (الطول): 176 cm	Blood Sugar (سكر الدم):
Pulse (النبض): ppm	Blood Pressure (ضغط الدم): /

سبب زيارة للمريض للعيادة Chief Complaint

التاريخ المرضي: Disease History

الحساسية Allergies

الأدوية Medications

الحمل Pregnancy

Previous Surgeries, Hospitalization
عمليات سابقة ، احوال المستشفى

Smoking (التدخين): Y / N

Alcohol (الكحول): Y / N

Drugs (تعاظمى العقاقير): Y / N

الملاحظات العامة و السريرية General & Clinical Findings

الفحص Examination

الصور الشعاعية Radiography

التشخيص Diagnosis

File No:

Date: / /

Treatment Plan خطة العلاج

5 Sessions + 5 Consultation

Doctor's Signature and Stamp

.....

REDAD DATA

cAEAlOEBAa83ODQxO

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	Hiba, Ali,,, Sobha	IDN:	784199113054375	Mother Name:	
Name (Ar)	هبة علي,,, صبحه	Card Number:	075803010	Mother Name (Ar):	
Title:		Nationality:	PSE	Family ID:	
Title(Ar):		Nationality (Ar):	فلسطين		
Issue Date:	15/11/2015	Sex:	F	Sponsor Type:	03
Expiry Date:	02/11/2018	Date of Birth:	01/01/1991	Sponsor Name:	مسعد طارق حيدري
Marital Status:	02	Husband IDN:		Sponsor Number:	05727080
Residency Type:	03	Residency Number:	20120113157571	Residency Expiry:	02/11/2018
ID Type:	IL	Occupation:	10	Occupation Field:	00



Photo

Signature Image

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

10/13/2018



مركز أوركيديد الطبي
ORCHID MEDICAL CENTER

1,000.00

RECEIPT VOUCHER (No.REC-001438)

Date:13-10-2018

Receive from Mr./Mrs./M/s. 1001036 - HIBA SOBHA - 971509060356

The sum of Dhs. **One Thousand Dirhams and Zero Fils Only**By Cash **0.00** / By Credit Card **1,000.00** / By Cheque **0.00** / By Bank Transfer **0.00** / By Allocated **0.00**

Bank: Cheque No.

Date: 13-10-2018

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www.omc1.ae

Promising 5kg.

تم الحجز ل: 5 Sessions + 5 Consultations
 عدد الجلسات No of Sessions

ضغط الدم BP	التاريخ Date	الوزن ما قبل Before Wt	الوزن ما بعد After Wt	م رمز M Code	توقيع اختصاصي التدليك Therapist Sign	توصيات اختصاصي التغذية Dietician Recom.	تغيير Deviation اختصاصي تغذية Dietician	رمز النشاط Activity Code	تغيير Deviation	توقيع الاختصاصي Physio. Sign	توقيع العميل Client's Sign
	16/10/18					Diet plan given					

خسارة الوزن الصافي Net Wt. Loss	زيادة الوزن Wt. Gain	خسارة الوزن الصافي Net Wt. Loss	زيادة الوزن Wt. Gain	الجلسات المتبقية Balance Sessions
24/11/18	71.8			
1/12/18	71.5			
8/12/18	71.8			
8/12/18	71.8			

60%
 Diet plan given 1200 cal at p4p
 Diet plan explained (3 days diet)
 (VIA 3J EXPRESS - From Tuesday)
 after VIA 3J No Results Wed/Thursday
 she gain weight. period due (15/12/18)
 she suffer from Blawating tummy.

11.1
 7.2
 4.0

2d week

last menstrual 17/10
 Hiba
 76.3kg
 72.4kg

New Package
 13/11/19 (Period Day)
 70.8kg
 after traveling she was not on diet
 Hiba
 71.6kg

BODY COMPOSITION ANALYSIS								CM LOSS		MEASUREMENTS CHART القياسات				
Date	Date	Date	Date	Date	Date	Date	Date			Date	Date	Date	Date	Date
13/10/18	23/10/18	24/10/18	15/11/19	16/11/19	24/11/18									
Time	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	State: Pre Men/Men/Post Men							
الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها	الحالة قبل المادة الشهرية/أثناءها/بعدها							
BMR (Kcal/day) بي إم آر (معدرة حرارية/يوم)	1454	1412				1425	1422							
Fat % الدهون %	34.2	33.4				31.5	32.0							
Fat Wt (kg) وزن الدهون (كجم)	26.1	24.2				22kg	22.9kg							
Lean % الوزن من غير الدهون (%)	65.8					68.5								
Lean Wt (kg) الوزن من غير الدهون (كجم)	27.6	26.4				26.8	26.7							
Water (kg) الماء (كجم)	36.6	35.2					35.5							
Water % الماء %	47.9													
TGT Wt (kg) الوزن المرغوب (كجم)	55.3-74.9	55.3-74.9				55.3-74.9	55.3-74.9							
Target Fat % الدهون المستهدفة %	10.2%	10.2%				10.2%	10.2%							
BMI بي إم آي	25.2	23.9												
WHR دبابو أنش آر	0.98	0.93				0.89	0.89							
Ft Scor.	69	69				72kg	71.6kg							

55.3-74.9
 10.2%
 23.4
 32.0

71.6kg
 71.6kg
 71.6kg

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 10.10.2018. 15:51

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	36.6 (33.1~40.5)
For building muscles	Protein (kg)	9.8 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.80 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	26.1 (13.0~20.8)
Sum of the above	Weight (kg)	76.3 (55.3~74.9)

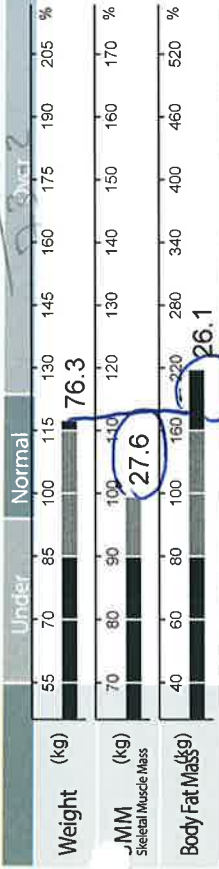
InBody Score **69** /100 Points

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

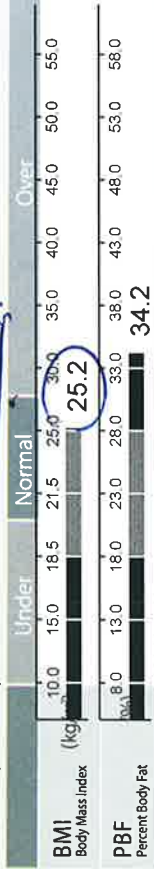
Weight Control

Target Weight 65.2 kg
 Weight Control -11.1 kg
 Fat Control -11.1 kg
 Muscle Control 0.0 kg

Muscle-Fat Analysis



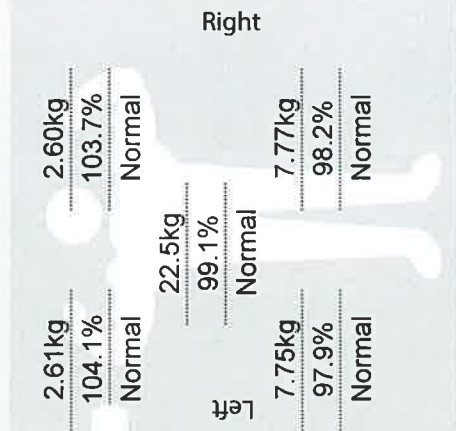
Obesity Analysis



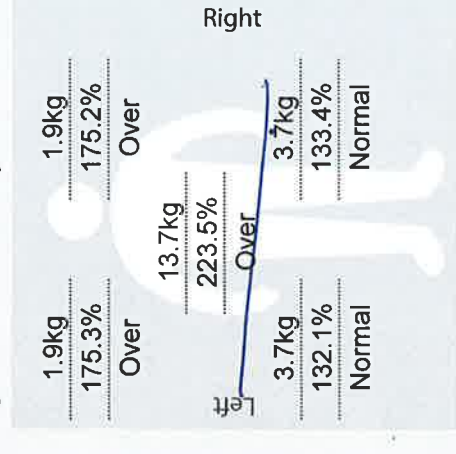
Research Parameters

Fat Free Mass 50.2 kg
 Basal Metabolic Rate 1454 kcal (1512~1766)
 Obesity Degree 117 % (90~110)
 Recommended calorie intake 1882 kcal

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Calorie Expenditure of Exercise

Golf	134	Gateball	145
Walking	153	Yoga	153
Badminton	172	Table Tennis	172
Tennis	229	Bicycling	229
Boxing	229	Basketball	229
Mountain Climbing	249	Jumping Rope	267
Aerobics	267	Jogging	267
Soccer	267	Swimming	267
Japanese Fencing	382	Racketball	382
Squash	382	Taekwondo	382

*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

Weight (kg)	76.3
SMM (kg) Skeletal Muscle Mass	27.6
PBF (%) Percent Body Fat	34.2

Impedance

RA LA TR RL LL
 Z(Ω) 20 kHz 402.5 400.6 23.7 309.5 309.1
 100 kHz 368.6 367.4 20.6 277.8 280.8

DIETARY ASSESSMENT تقييم النظام الغذائي

Food Intolerance (if any) none

Acidity / Heart Burn / Constipation Constipation

No. of meals consumed / day 3 main meal

Veg / Non Veg. / Ovo Veg Constipation

Frequency of eating out / week week daily - outside food

Diet Recall - Total Calories (Kcal) 1545 kcal - 2000 kcal

CHO (gm) 140

Protein (gm) 40

Fat (gm) 15

Lifestyle: Sedentary / Moderate / Heavy Sedentary

Diet Advised - Total calories (Kcal) 1400

CHO (gm) 121

Protein (gm)

Fat (gm)

Remarks Fresh vegetable, spicy food, Coniflauer (broccoli, mushroom, asparagus), coffee Cappicinar, (tea ---) Descut., chocolate

Counsellor's Name Baker

Client's Signature Baker

Date 13/10/18

6:30 B,
9:30 S,
12:30 L,
2:30 S2,
3:30 D,
7:00 S

68 0-9 000



مركز أوركيد الطبي
ORCHID MEDICAL CENTER

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Dietary Consultation

نموذج استشارة غذائية

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: 13/10/2018

File Number: 1001036

Patient Name: Hiba Sabha

إسم المريض:

Current Weight (الوزن الحالي):

Weight 1 year ago (الوزن السنة الماضية):

Minimum Adult Weight (أقل وزن):

Maximum Adult Weight (أعلى وزن):

Age:

Do You Exercise (هل تقوم بالتمارين الرياضية):

Exercise Type (نوع التمرين):

How Often (كم مرة):

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 الإجابة نعم ، لماذا تعتقد ان تلك الحمية لم تكن مناسبة لك؟

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

loss method

حدد درجة أهمية فقدانك الوزن تحت إشراف المختصين

1-10 بمقياس

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

How Many Children Do You Have? 2

كم عدد أطفالك؟

Who does the most cooking at home? myself

من يقوم بطهي الطعام غالبا في المنزل؟

On Average how many hours do you sleep per night? 6-7

ما هو معدل ساعات نومك ليلا؟

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 و كاملة و دقيقة و اني لم أخف أي معلومات تتعلق بصحتي أو عاداتي الغذائية جزئيا أو كليا. و أقر أنني قد قدمت كافة المعلومات المتعلقة بصحتي الجسدية و النفسية و اني حالة مرضية كنت قد مررت بها و كافة الجراحات التي قد أجريت لي و الادوية و المكملات التي قد وصفت لي أو اقوم بتناولها حاليا.

و أقر أنه ليس لدي أي حالات مرضية من التي سبق ذكرها في الملف الطبي لا تناول أي أدوية عدا عن التي أوصفت عنها في الملف الطبي و انهم انني لا يجب ان اتعاطى أي أدوية خلال أو 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.

اتقيم أن تعاطي أي أدوية دون اعلامي لاخصائي التغذية أو خصوصي لطرق تحكم الوزن دون اعلامي للاخصائي و دون اشراف المختصين هو قرار شخصي و اختياري، و أنغي 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 ل طرح اي اسئلة تتعلق بطريقة التحكم بالوزن، و انه قد تمت اجابة كافة اسئلتي بشكل كاف و كامل. و اني اتفهم 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 الطرق 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.

181018-1 | Height 27 | Age Female | Test Date & Time 23.10.2018. 15:22

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	35.2 (33.1~40.5)
For building muscles	Protein	(kg)	9.4 (8.9~10.9)
For strengthening bones	Minerals	(kg)	3.58 (3.07~3.75)
For storing excess energy	Body Fat Mass	(kg)	24.2 (13.0~20.8)
Sum of the above	Weight	(kg)	72.4 (55.3~74.9)

InBody Score

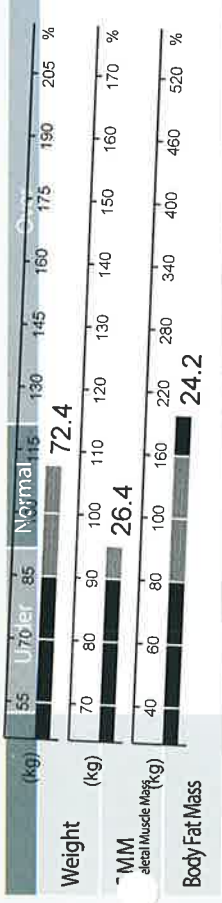
69/100 Points

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

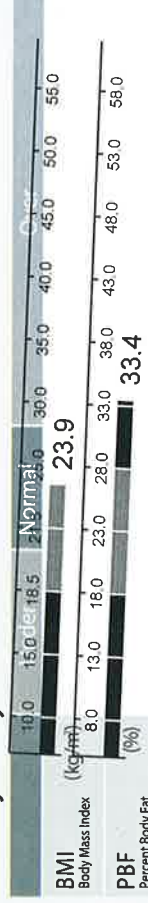
Weight Control

Target Weight 65.1 kg
 Weight Control - 7.3 kg
 Fat Control - 9.2 kg
 Muscle Control + 1.9 kg

Muscle-Fat Analysis



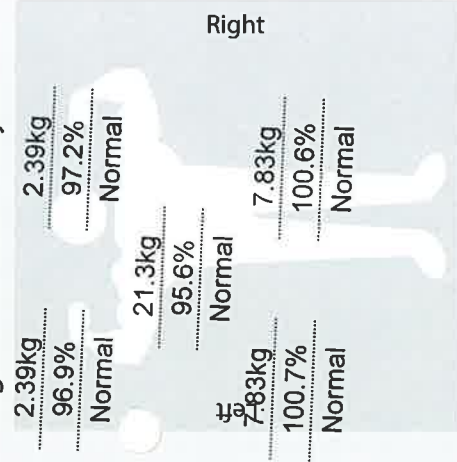
Obesity Analysis



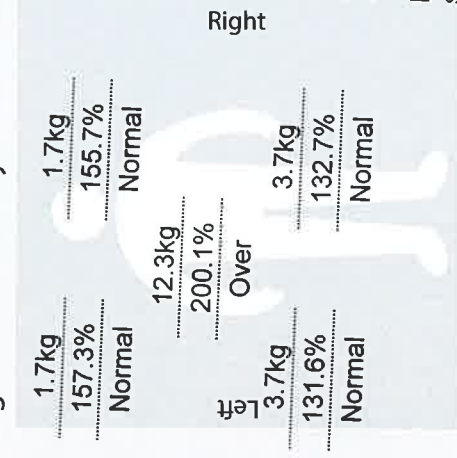
Research Parameters

Fat Free Mass 48.2 kg
 Basal Metabolic Rate 1412 kcal (1454~1695)
 Obesity Degree 111 % (90~110)
 Recommended calorie intake 1841 kcal

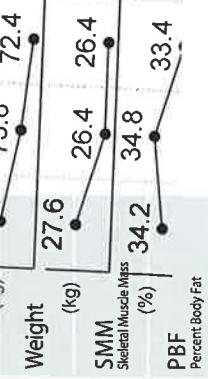
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Impedance

Z(Ω) 20 kHz | 429.9 430.3 25.8 308.8 306.0
 100 kHz | 390.5 392.9 22.0 277.5 278.4

Results Interpretation QR Code

Scan the QR Code to see more detail.



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

Calorie Expenditure of Exercise

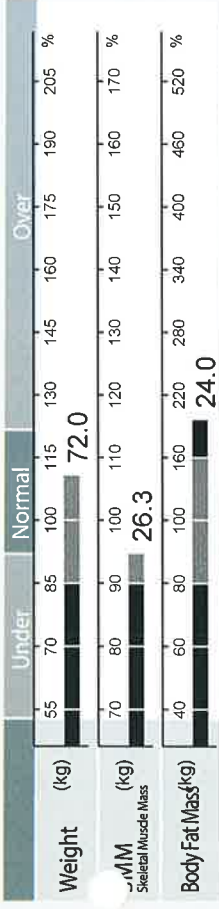
Golf	127	Gateball	138
Walking	145	Yoga	145
Badminton	164	Table Tennis	164
Tennis	217	Bicycling	217
Boxing	217	Basketball	217
Mountain Climbing	236	Jumping Rope	253
Aerobics	253	Jogging	253
Soccer	253	Swimming	253
Japanese Fencing	362	Racketball	362
Squash	362	Taekwondo	362

ID 11018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 30.10.2018. 15:30

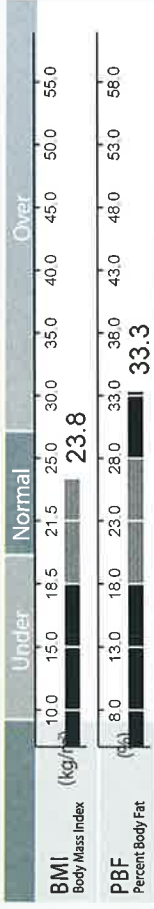
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.1 (33.1~40.5)
For building muscles	Protein (kg)	9.3 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.58 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	24.0 (13.0~20.8)
Sum of the above	Weight (kg)	72.0 (55.3~74.9)

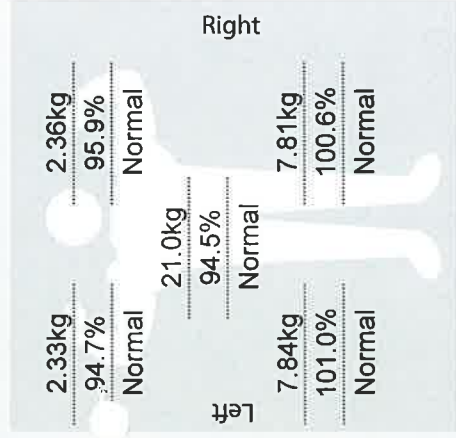
Muscle-Fat Analysis



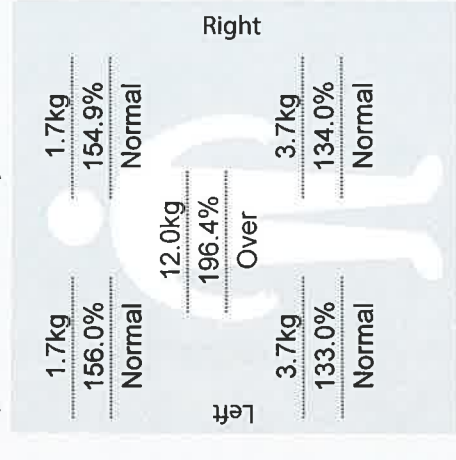
Obesity Analysis



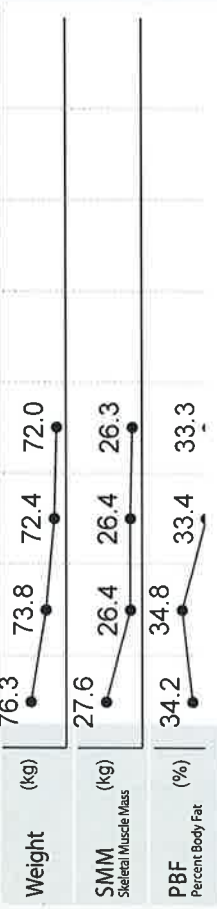
Segmental Lean Analysis



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 65.1 kg
 Weight Control -6.9 kg
 Fat Control -9.0 kg
 Muscle Control +2.1 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.92 (0.75 0.85)

Visceral Fat Level

Level 11 (Low 10 High)

Research Parameters

Fat Free Mass 48.0 kg
 Basal Metabolic Rate 1407 kcal (1448~1687)
 Obesity Degree 111 % (90~110)
 Recommended calorie intake 1837 kcal

Calorie Expenditure of Exercise

Golf	127	Gateball	137
Walking	144	Yoga	144
Badminton	163	Table Tennis	163
Tennis	216	Bicycling	216
Boxing	216	Basketball	216
Mountain Climbing	235	Jumping Rope	252
Aerobics	252	Jogging	252
Soccer	252	Swimming	252
Japanese Fencing	360	Racketball	360
Squash	360	Taekwondo	360

* 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 REFZ | 435.0 441.4 25.1 307.2 301.9
 100 REFZ | 397.3 403.2 21.7 275.8 274.5

ID 131018-1

Height 174cm | Age 27 | Gender Female | Test Date & Time 03.11.2018. 14:26

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.1 (33.1~40.5)
For building muscles	Protein (kg)	9.3 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.58 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	23.8 (13.0~20.8)
Sum of the above	Weight (kg)	71.8 (55.3~74.9)

InBody Score

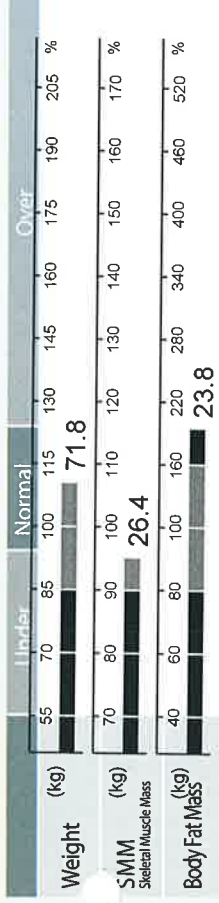
69 / 100 Points

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

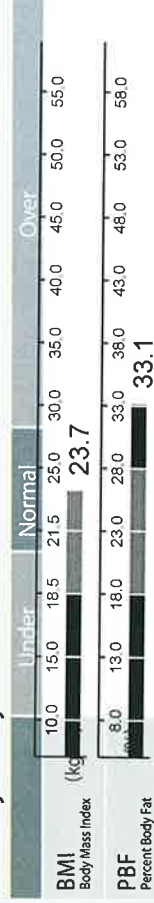
Weight Control

Target Weight 65.1 kg
 Weight Control - 6.7 kg
 Fat Control - 8.8 kg
 Muscle Control + 2.1 kg

Muscle-Fat Analysis



Obesity Analysis



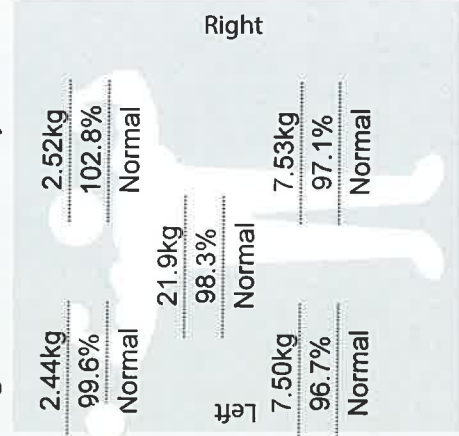
Visceral Fat Level



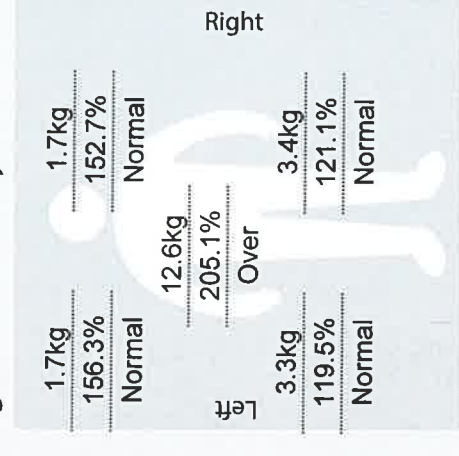
Research Parameters

Fat Free Mass 48.0 kg
 Basal Metabolic Rate 1407 kcal (1445~1684)
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 1835 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	144	Yoga	144
Badminton	162	Table Tennis	162
Tennis	215	Bicycling	215
Boxing	215	Basketball	215
Mountain Climbing	234	Jumping Rope	251
Aerobics	251	Jogging	251
Soccer	251	Swimming	251
Japanese Fencing	359	Racketball	359
Squash	359	Taekwondo	359

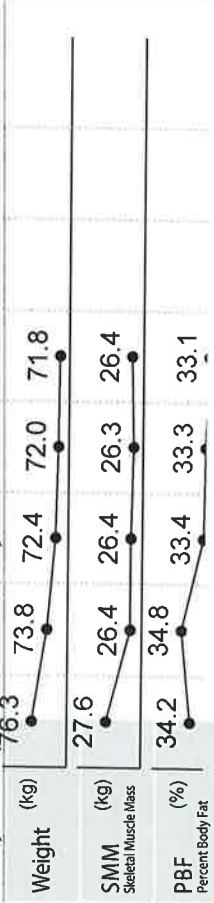
*Based on your current weight
 *Based on 30 minute duration

Results Interpretation QR Code

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



Body Composition History



Impedance

Z (α) 20 kHz | 413.9 430.2 26.1 341.1 341.8
 100 kHz | 377.5 393.3 22.2 304.1 310.2



مركز أوركيده الطبي
ORCHID MEDICAL CENTER

1,100.00

RECEIPT VOUCHER (No.REC-001587)

Date:03-11-2018

Receive from Mr./Mrs./M/s. 1001036 - HIBA SOBHA - 971509060356

The sum of Dhs. **One Thousand One Hundred Dirhams and Zero Fils Only**By Cash **0.00** / By Credit Card **1,100.00** / By Cheque **0.00** / By Bank Transfer **0.00** / By Allocated **0.00**

Bank: Cheque No.

Date: 03-11-2018

Being **AGAINST INVOICE NO: 2584**

Made by Ghada

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

ID 131018-1

Height 174cm

Age 47

Gender Female

Test Date & Time 06.11.2018. 15:35

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	34.5 (33.1~40.5)
For building muscles	Protein (kg)	9.2 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.56 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	23.0 (13.0~20.8)
Sum of the above	Weight (kg)	70.3 (55.3~74.9)

InBody Score

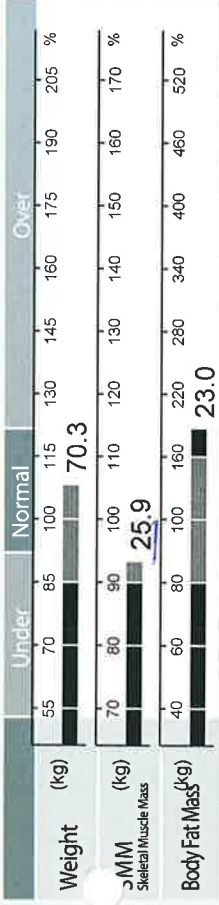
69/100 Points

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

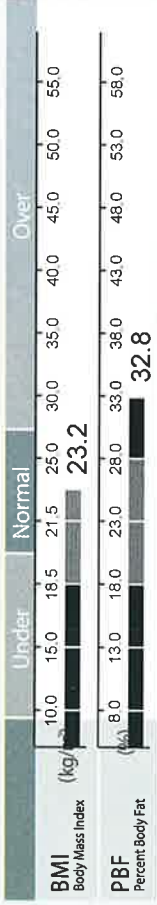
Weight Control

Target Weight 65.1 kg
 Weight Control -5.2 kg
 Fat Control -8.1 kg
 Muscle Control +2.9 kg

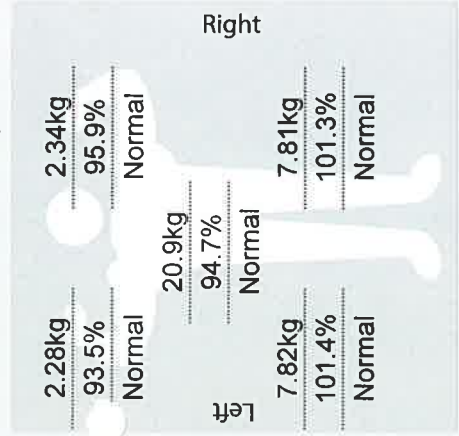
Muscle-Fat Analysis



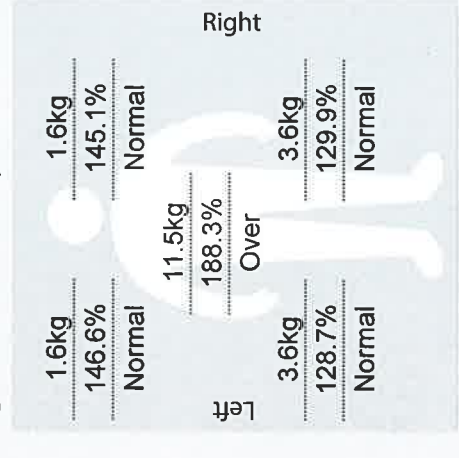
Obesity Analysis



Segmental Lean Analysis

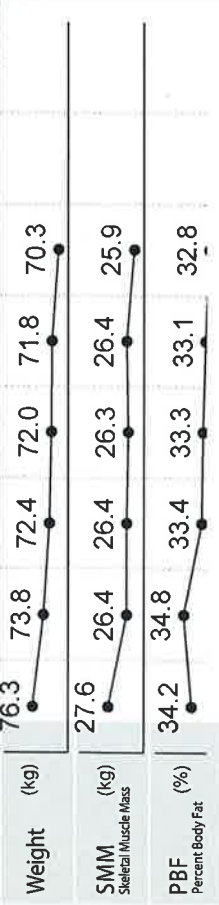


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



Research Parameters

Fat Free Mass 47.3 kg
 Basal Metabolic Rate 1391 kcal (1422~1656)
 Obesity Degree 108 % (90~110)
 Recommended calorie intake 2319 kcal

Calorie Expenditure of Exercise

Golf	124	Gateball	134
Walking	141	Yoga	141
Badminton	159	Table Tennis	159
Tennis	211	Bicycling	211
Boxing	211	Basketball	211
Mountain Climbing	229	Jumping Rope	246
Aerobics	246	Jogging	246
Soccer	246	Swimming	246
Japanese Fencing	352	Racketball	352
Squash	352	Taekwondo	352

* 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 | 443.4 458.4 26.3 318.3 315.2
 100 kHz | 402.9 415.4 22.5 284.5 285.8

Hiba (4) ↓ 1.1kg.

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	35.7 (33.1~40.5)
For building muscles	Protein	(kg)	9.5 (8.9~10.9)
For strengthening bones	Minerals	(kg)	3.58 (3.07~3.75)
For storing excess energy	Body Fat Mass	(kg)	22.0 (13.0~20.8)
Sum of the above	Weight	(kg)	70.8 (55.3~74.9)

InBody Score

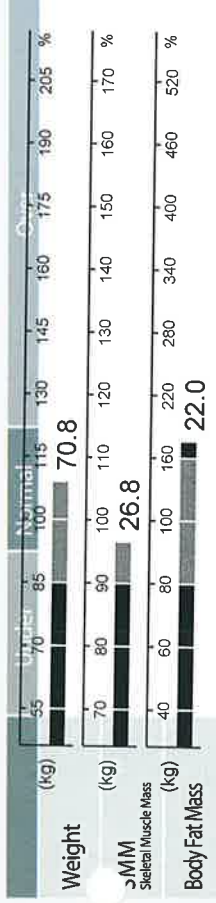
72 / 100 Points

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

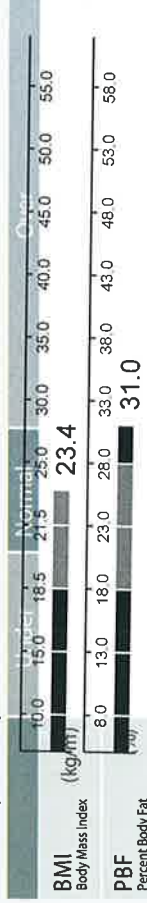
Weight Control

Target Weight 65.1 kg
 Weight Control -5.7 kg
 Fat Control -7.0 kg
 Muscle Control +1.3 kg

Muscle-Fat Analysis



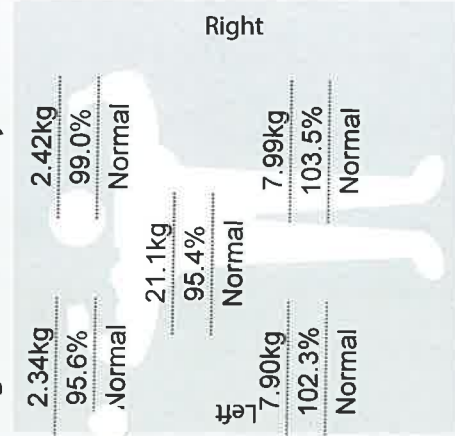
Obesity Analysis



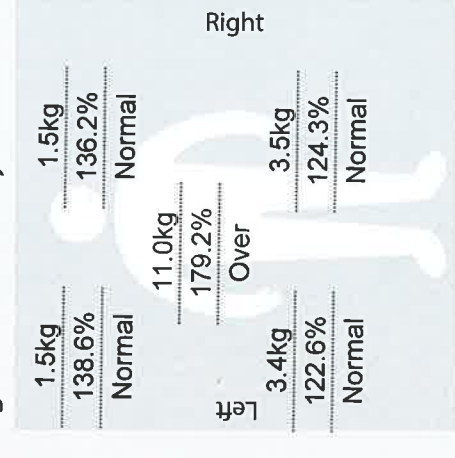
Research Parameters

Fat Free Mass 48.8 kg
 Basal Metabolic Rate 1425 kcal (1430~1665)
 Obesity Degree 109 % (90~110)
 Recommended calorie intake 2324 kcal

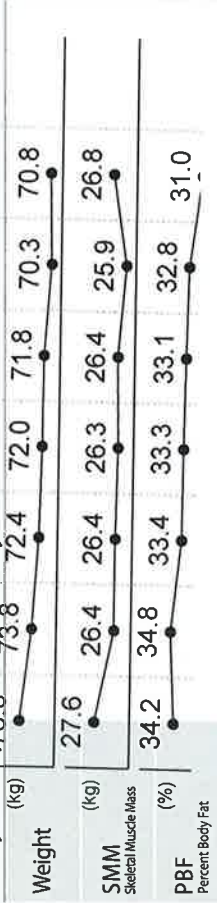
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Impedance

Z(kg) 20 411.8 429.7 24.4 287.3 291.9
 100 376.4 391.9 21.1 258.5 266.3

Calorie Expenditure of Exercise

Golf	125	Gateball	135
Walking	142	Yoga	142
Badminton	160	Table Tennis	160
Tennis	212	Bicycling	212
Boxing	212	Basketball	212
Mountain Climbing	231	Jumping Rope	248
Aerobics	248	Jogging	248
Soccer	248	Swimming	248
Japanese Fencing	354	Racketball	354
Squash	354	Taekwondo	354

*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.



131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 24.11.2018. 14:49

Body Composition Analysis

Total amount of water in body	(L)	35.5 (33.1~40.5)
For building muscles	(kg)	9.5 (8.9~10.9)
For strengthening bones	(kg)	3.69 (3.07~3.75)
For storing excess energy	(kg)	22.9 (13.0~20.8)
Sum of the above	(kg)	71.6 (55.3~74.9)

InBody Score

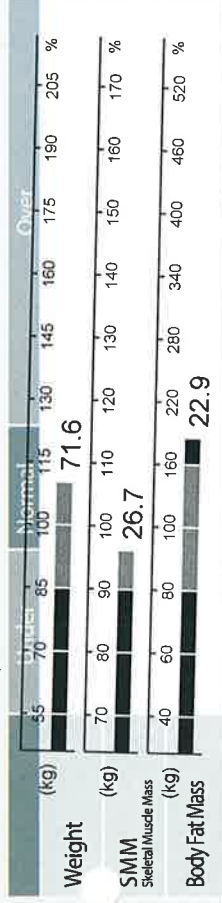
71 / 100 Points

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

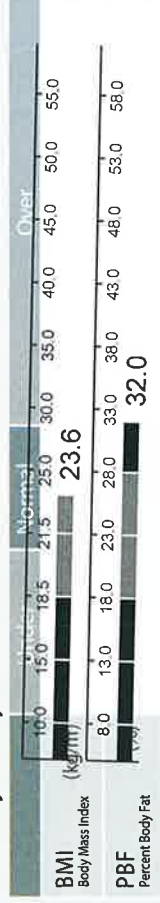
Weight Control

Target Weight 65.1 kg
 Weight Control -6.5 kg
 Fat Control -7.9 kg
 Muscle Control +1.4 kg

Muscle-Fat Analysis



Obesity Analysis



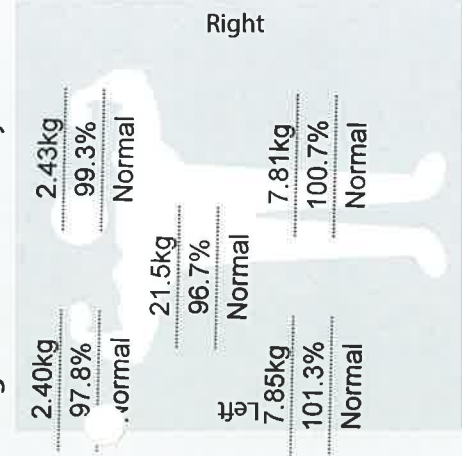
Visceral Fat Level

Level 10

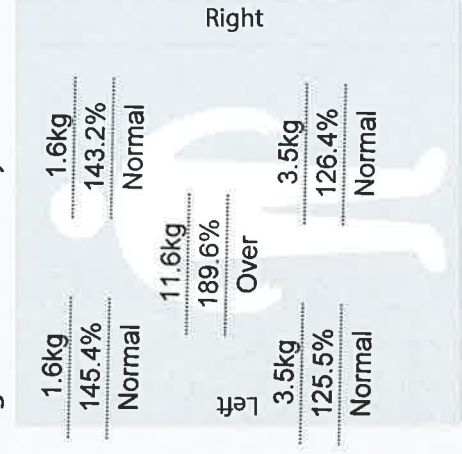
Research Parameters

Fat Free Mass 48.7 kg
 Basal Metabolic Rate 1422 kcal (1442~1680)
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 2333 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf 126 Gateball 136
 Walking 143 Yoga 143
 Badminton 162 Table Tennis 162
 Tennis 215 Bicycling 215
 Boxing 215 Basketball 215
 Mountain Climbing 233 Jumping Rope 251
 Aerobics 251 Jogging 251
 Soccer 251 Swimming 251
 Japanese Fencing 358 Racketball 358
 Squash 358 Taekwondo 358

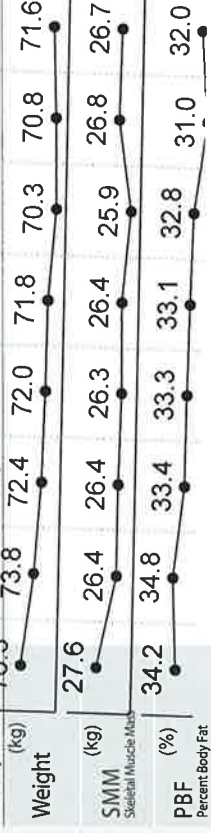
*Based on your current weight
 *Based on 30 minute duration

Results Interpretation QR Code

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



Body Composition History



Impedance

Z(Ω) 20 kHz | 436.8 444.9 23.9 319.2 312.4
 100 kHz | 396.5 405.0 20.7 284.7 282.4

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 01.12.2018. 14:40

7 days 1kg

Body Composition Analysis

Total amount of water in body	(L)	36.1 (33.1~40.5)
For building muscles	(kg)	9.6 (8.9~10.9)
For strengthening bones	(kg)	3.60 (3.07~3.75)
For storing excess energy	(kg)	22.2 (13.0~20.8)
Sum of the above	(kg)	71.5 (55.3~74.9)

InBody Score

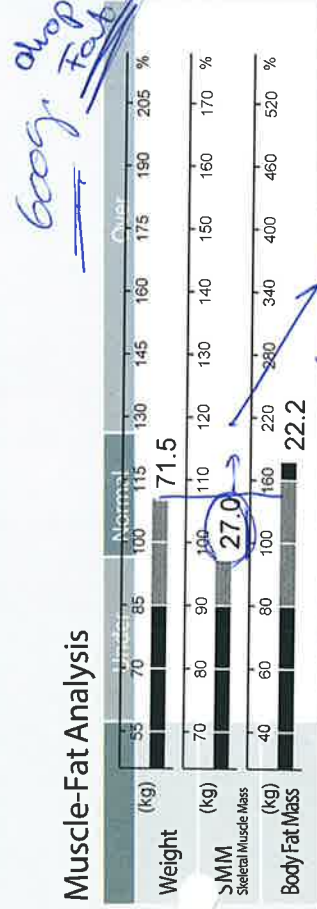
72/100 Points

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

Weight Control

Target Weight 65.1 kg
 Weight Control - 6.4 kg
 Fat Control - 7.2 kg
 Muscle Control + 0.8 kg

Muscle-Fat Analysis



Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.91

Visceral Fat Level

Level 9

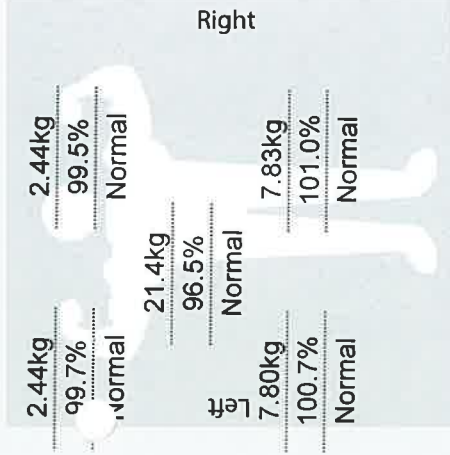
Obesity Analysis



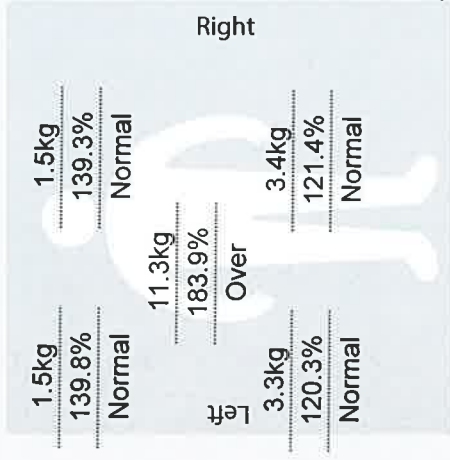
Research Parameters

Fat Free Mass 49.3 kg
 Basal Metabolic Rate 1436 kcal (1440~1678)
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 2332 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	143	Yoga	143
Badminton	162	Table Tennis	162
Tennis	215	Bicycling	215
Boxing	215	Basketball	215
Mountain Climbing	233	Jumping Rope	250
Aerobics	250	Jogging	250
Soccer	250	Swimming	250
Japanese Fencing	358	Racketball	358
Squash	358	Taekwondo	358

* Based on your current weight

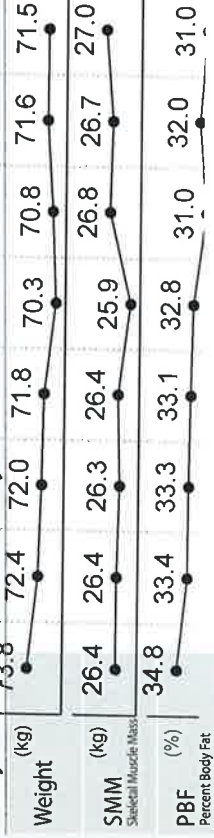
* Based on 30 minute duration

Results Interpretation QR Code

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



Body Composition History



Impedance

Z(60) 20 kHz | 415.1 413.8 23.2 294.5 294.3
 100 kHz | 379.4 379.2 19.9 266.6 269.4

191018-1

Height
174cm

Age
27

Gender
Female

Test Date & Time
08.12.2018. 14:15

9 FFer following the 3 days of the product

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	35.8 (33.1~40.5)
For building muscles	Protein	(kg)	9.6 (8.9~10.9)
For strengthening bones	Minerals	(kg)	3.69 (3.07~3.75)
For storing excess energy	Body Fat Mass	(kg)	22.7 (13.0~20.8)
Sum of the above	Weight	(kg)	71.8 (55.3~74.9)

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 65.1 kg
 Weight Control - 6.7 kg
 Fat Control - 7.8 kg
 Muscle Control + 1.1 kg

Obesity Evaluation

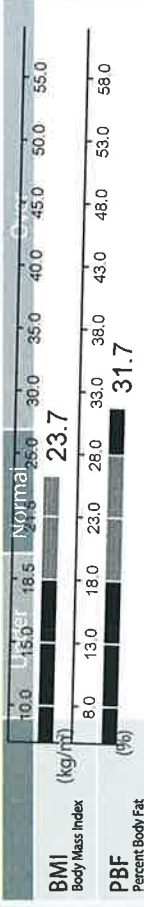
BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

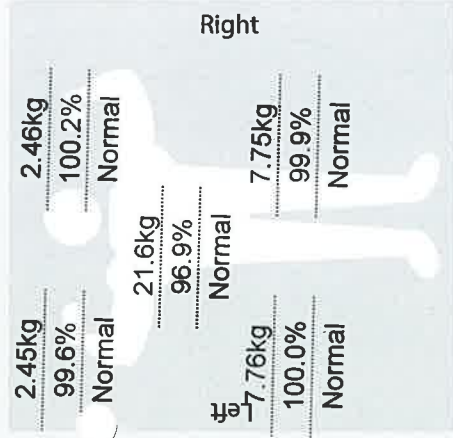
0.93

Visceral Fat Level

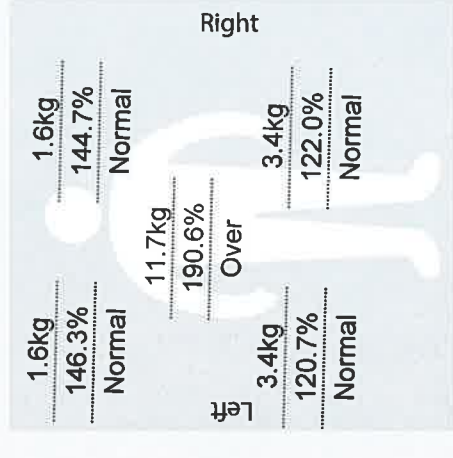
Level 10



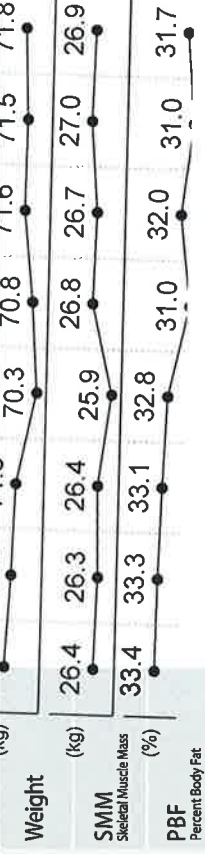
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Research Parameters

Fat Free Mass 49.1 kg
 Basal Metabolic Rate 1430 kcal (1445~1684)
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 2335 kcal

Calorie Expenditure of Exercise

Golf	126	Gateball	136
Walking	144	Yoga	144
Badminton	162	Table Tennis	162
Tennis	215	Bicycling	215
Boxing	215	Basketball	215
Mountain Climbing	234	Jumping Rope	251
Aerobics	251	Jogging	251
Soccer	251	Swimming	251
Japanese Fencing	359	Racketball	359
Squash	359	Taekwondo	359

* 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 (kΩ) 20 kHz | 410.8 413.3 24.3 305.2 301.7
 100 kHz | 376.2 380.0 20.9 273.8 274.9

139018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 22.12.2018. 15:42

Body Composition Analysis

Total amount of water in body	(L)	36.8 (33.1~40.5)
For building muscles	(kg)	9.9 (8.9~10.9)
For strengthening bones	(kg)	3.81 (3.07~3.75)
For storing excess energy	(kg)	22.5 (13.0~20.8)
Sum of the above	(kg)	73.0 (55.3~74.9)

InBody Score

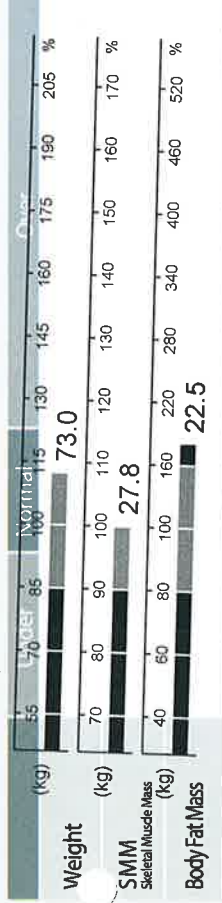
73/100 Points

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

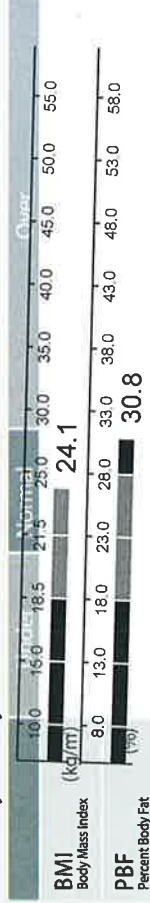
Weight Control

Target Weight 65.6 kg
 Weight Control -7.4 kg
 Fat Control -7.4 kg
 Muscle Control 0.0 kg

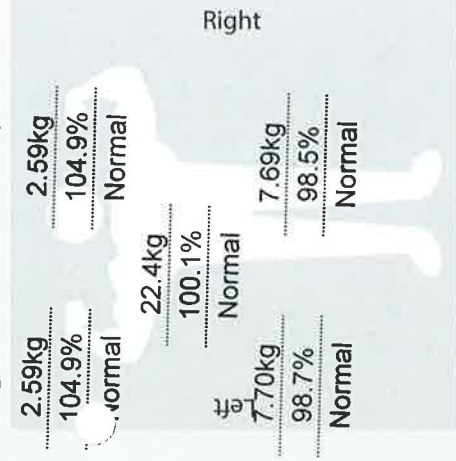
Muscle-Fat Analysis



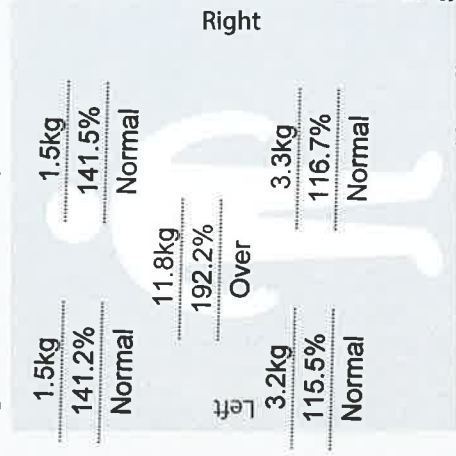
Obesity Analysis



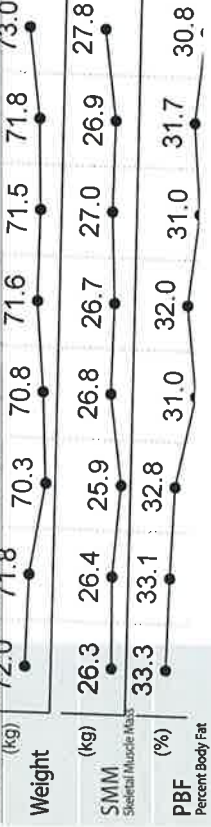
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Impedance

Z(Ω) 20 kHz | 422.4 422.8 22.0 329.1 325.3
 100 kHz | 386.1 386.0 18.5 292.6 294.0

Results Interpretation QR Code

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



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

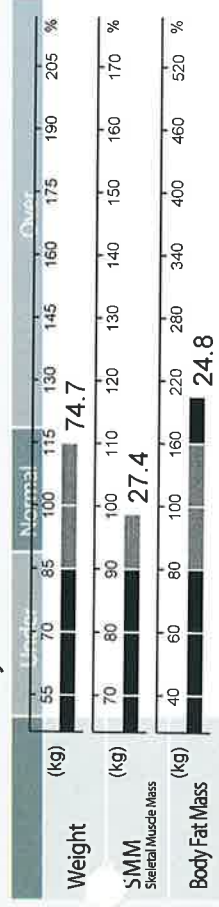
ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 12.01.2019. 15:48

9 After Break

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	36.4 (33.1~40.5)
For building muscles	Protein	(kg)	9.8 (8.9~10.9)
For strengthening bones	Minerals	(kg)	3.70 (3.07~3.75)
For storing excess energy	Body Fat Mass	(kg)	24.8 (13.0~20.8)
Sum of the above	Weight	(kg)	74.7 (55.3~74.9)

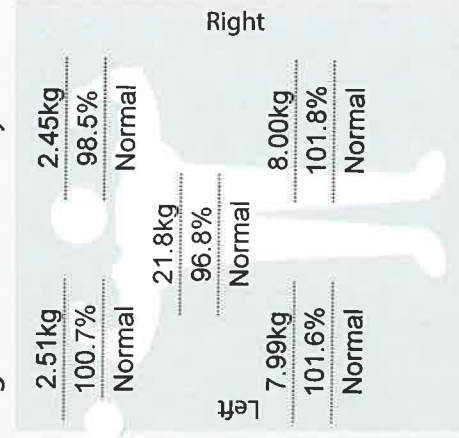
Muscle-Fat Analysis



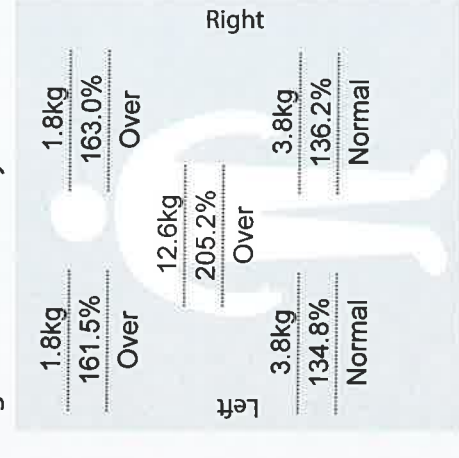
Obesity Analysis



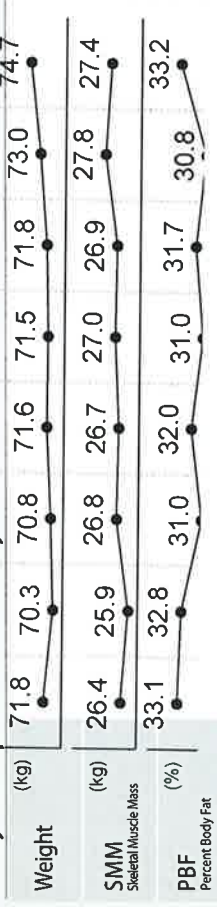
Segmental Lean Analysis



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 65.1 kg
 Weight Control -9.6 kg
 Fat Control -9.8 kg
 Muscle Control +0.2 kg

↓ 10kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.92

Visceral Fat Level

Level 11

Research Parameters

Fat Free Mass 49.9 kg
 Basal Metabolic Rate 1448 kcal (1488~1737)
 Obesity Degree 115 % (90~110)
 Recommended calorie intake 1865 kcal

Calorie Expenditure of Exercise

Golf	132	Gateball	142
Walking	149	Yoga	149
Badminton	169	Table Tennis	169
Tennis	224	Bicycling	224
Boxing	224	Basketball	224
Mountain Climbing	244	Jumping Rope	261
Aerobics	261	Jogging	261
Soccer	261	Swimming	261
Japanese Fencing	374	Racketball	374
Squash	374	Taekwondo	374

* 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_(R) 20 kHz | 424.4 413.1 24.4 296.8 295.4
 100 kHz | 387.5 377.8 20.9 264.9 267.2

Hiba 11 After
Zero 3 days after
(Infection)

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 22.01.2019. 15:15

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	36.7 (33.1~40.5)
For building muscles	Protein (kg)	9.9 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.70 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	24.3 (13.0~20.8)
Sum of the above	Weight (kg)	74.6 (55.3~74.9)

InBody Score

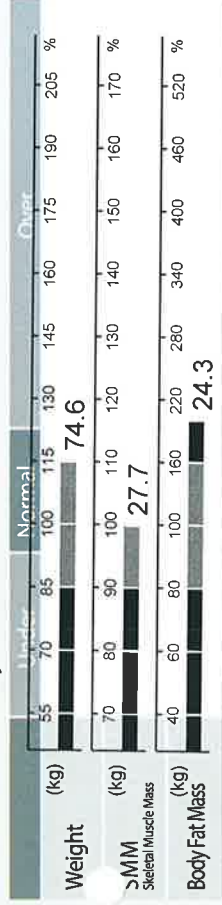
71 / 100 Points

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

Weight Control

Target Weight 65.3 kg
 Weight Control -9.3 kg
 Fat Control -9.3 kg
 Muscle Control 0.0 kg

Muscle-Fat Analysis



Obesity Analysis



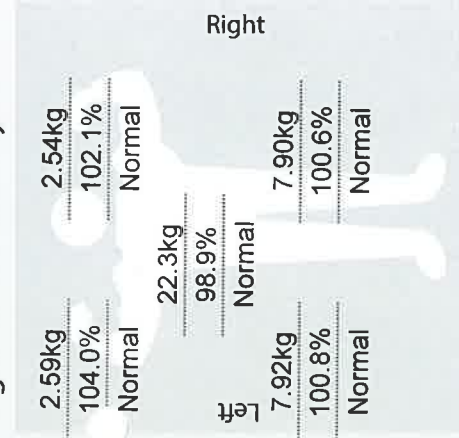
Visceral Fat Level



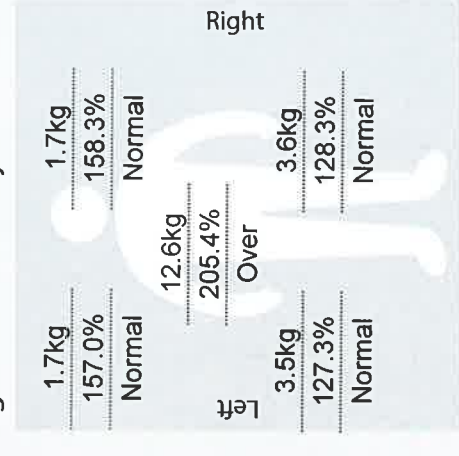
Research Parameters

Fat Free Mass 50.3 kg
 Basal Metabolic Rate 1456 kcal (1487~1735)
 Obesity Degree 115 % (90~110)
 Recommended calorie intake 2364 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	131	Gateball	142
Walking	149	Yoga	149
Badminton	169	Table Tennis	169
Tennis	224	Bicycling	224
Boxing	224	Basketball	224
Mountain Climbing	243	Jumping Rope	261
Aerobics	261	Jogging	261
Soccer	261	Swimming	261
Japanese Fencing	373	Racketball	373
Squash	373	Taekwondo	373

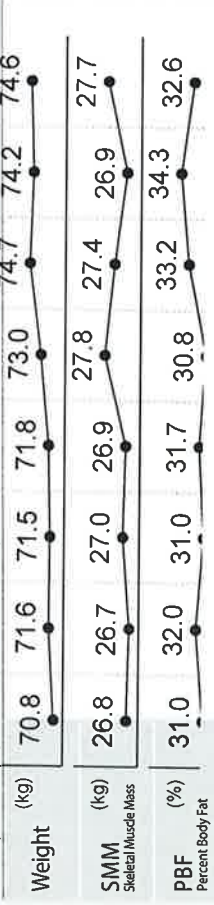
* Based on your current weight
 * Based on 30 minute duration

Results Interpretation QR Code

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



Body Composition History



Impedance

Z_(α) 20 kHz | 412.1 403.0 24.3 307.7 303.7
 100 kHz | 376.3 368.5 20.8 274.2 273.7

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 29.01.2019. 15:12

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	37.4 (33.1~40.5)
For building muscles	Protein	(kg)	10.0 (8.9~10.9)
For strengthening bones	Minerals	(kg)	3.81 (3.07~3.75)
For storing excess energy	Body Fat Mass	(kg)	25.4 (13.0~20.8)
Sum of the above	Weight	(kg)	76.6 (55.3~74.9)

InBody Score

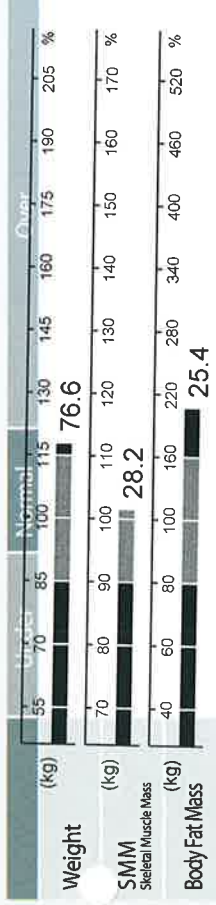
71 / 100 Points

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

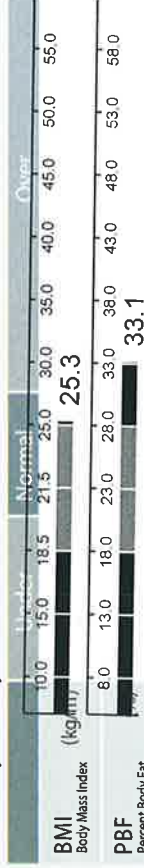
Weight Control

Target Weight 66.5 kg
 Weight Control - 10.1 kg
 Fat Control - 10.1 kg
 Muscle Control 0.0 kg

Muscle-Fat Analysis



Obesity Analysis



Waist-Hip Ratio

0.89 (Normal range: 0.75-0.85)

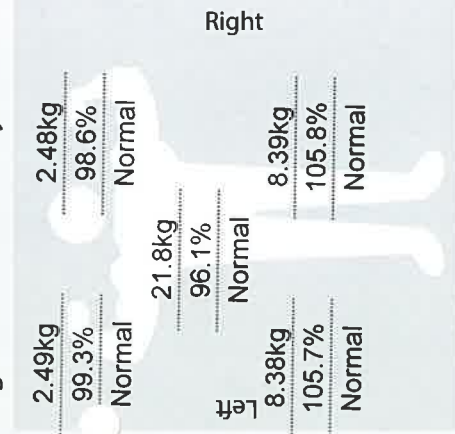
Visceral Fat Level

Level 11 (Normal range: 10)

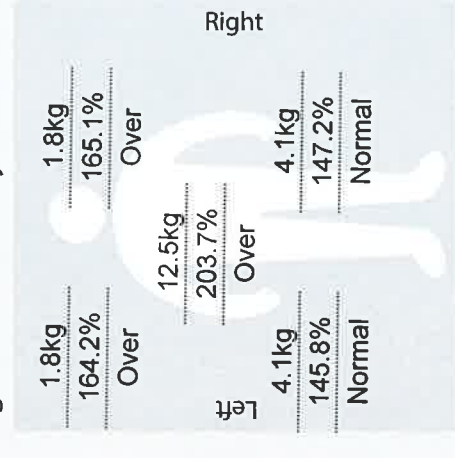
Research Parameters

Fat Free Mass 51.2 kg
 Basal Metabolic Rate 1476 kcal (1517~1771)
 Obesity Degree 118 % (90~110)
 Recommended calorie intake 1885 kcal

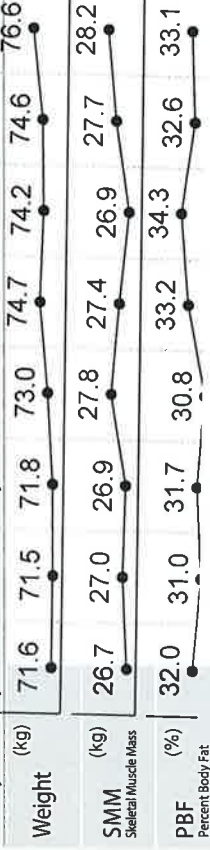
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Impedance

Z_(ax) 20 Hz | 417.8 414.5 23.2 269.8 267.9
 100 kHz | 380.2 376.8 20.0 242.1 242.9

Lean Mass % Evaluation

Fat Mass % Evaluation

* Segmental fat is estimated.

Calorie Expenditure of Exercise

Golf	135	Gateball	146
Walking	153	Yoga	153
Badminton	173	Table Tennis	173
Tennis	230	Bicycling	230
Boxing	230	Basketball	230
Mountain Climbing	250	Jumping Rope	268
Aerobics	268	Jogging	268
Soccer	268	Swimming	268
Japanese Fencing	383	Racketball	383
Squash	383	Taekwondo	383

* 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.



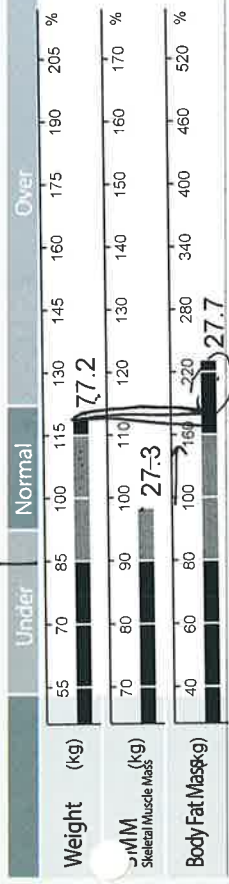
ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 05.03.2019. 15:31

Hiba
after Break
29-1-19 → 5.3.19
1 month + 6 days

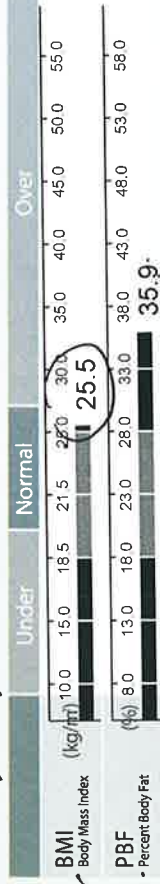
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	36.1 (33.1~40.5)
For building muscles	Protein (kg)	9.7 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.69 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	27.7 (13.0~20.8)
Sum of the above	Weight (kg)	77.2 (55.3~74.9)

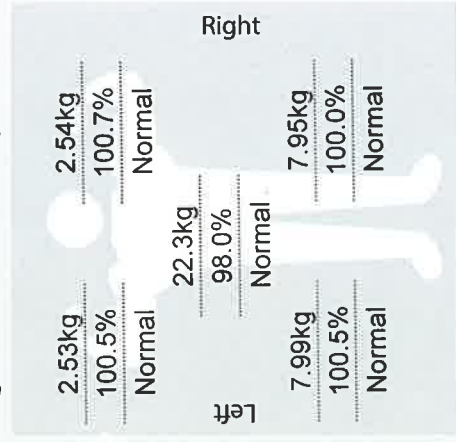
Muscle-Fat Analysis



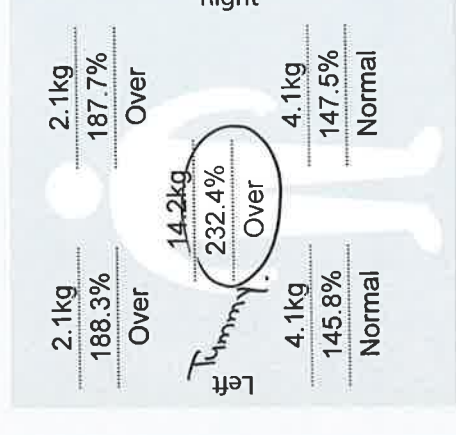
Obesity Analysis



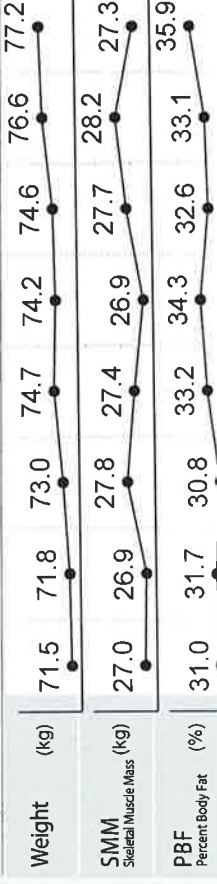
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

70-74 → 67 / 100 Points

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

Weight Control

Target Weight 65.1 kg
Weight Control -12.1 kg
Fat Control -12.7 kg
Muscle Control +0.6 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
PBF Normal Slightly Over Over

Waist-Hip Ratio

0.97 (0.75 0.85)

Visceral Fat Level

Level 13 (Low 10 High)

Research Parameters

Fat Free Mass 49.5 kg
Basal Metabolic Rate 1439 kcal (1526~1782)
Obesity Degree 119 % (90~110)
Recommended calorie intake 1892 kcal

Calorie Expenditure of Exercise

Golf	136	Gateball	147
Walking	154	Yoga	154
Badminton	175	Table Tennis	175
Tennis	232	Bicycling	232
Boxing	232	Basketball	232
Mountain Climbing	252	Jumping Rope	270
Aerobics	270	Jogging	270
Soccer	270	Swimming	270
Japanese Fencing	386	Racketball	386
Squash	386	Taekwondo	386

* 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

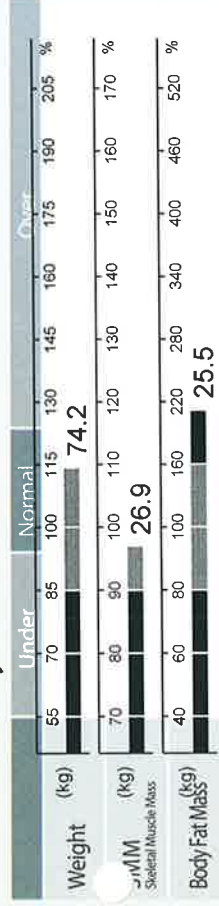
Z(Ω) 20 kHz 424.7 426.0 26.2 318.4 311.6
100 kHz 385.1 386.6 22.2 282.5 281.3

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 15.01.2019. 13:42

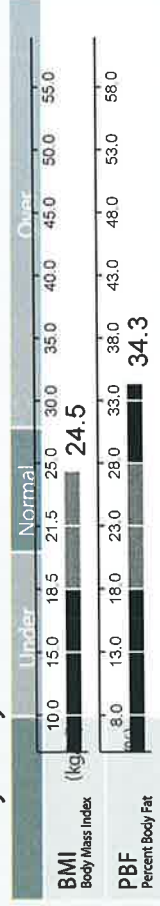
Body Composition Analysis

Total amount of water in body	(L)	35.6 (33.1~40.5)
For building muscles	(kg)	9.6 (8.9~10.9)
For strengthening bones	(kg)	3.48 (3.07~3.75)
For storing excess energy	(kg)	25.5 (13.0~20.8)
Sum of the above	(kg)	74.2 (55.3~74.9)

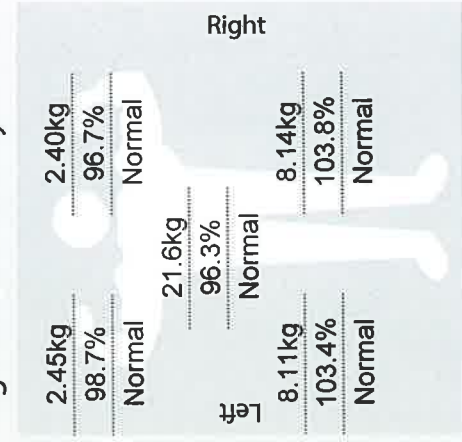
Muscle-Fat Analysis



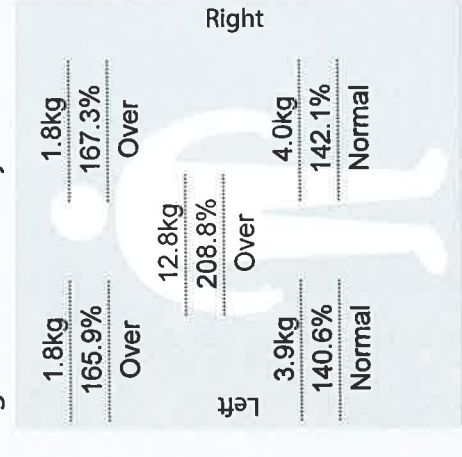
Obesity Analysis



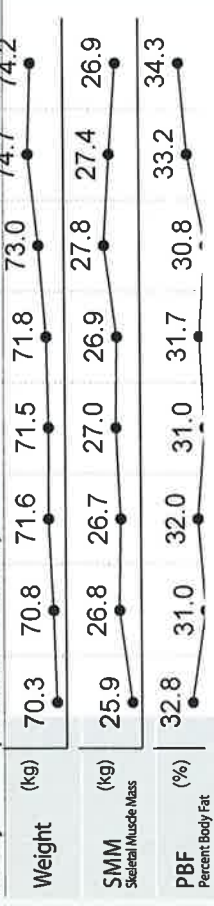
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

68 / 100 Points

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

Weight Control

Target Weight 65.1 kg
Weight Control -9.1 kg
Fat Control -10.5 kg
Muscle Control +1.4 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
PBF Normal Slightly Over Over

Waist-Hip Ratio

0.93 (0.75 - 0.85)

Visceral Fat Level

Level 11 (Low 10 High)

Research Parameters

Fat Free Mass 48.7 kg
Basal Metabolic Rate 1423 kcal (1481~1728)
Obesity Degree 114 % (90~110)
Recommended calorie intake 1860 kcal

Calorie Expenditure of Exercise

Golf	131	Gateball	141
Walking	148	Yoga	148
Badminton	168	Table Tennis	168
Tennis	223	Bicycling	223
Boxing	223	Basketball	223
Mountain Climbing	242	Jumping Rope	260
Aerobics	260	Jogging	260
Soccer	260	Swimming	260
Japanese Fencing	371	Racketball	371
Squash	371	Taekwondo	371

* 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(φ) 20 kHz 427.0 416.3 27.9 297.3 297.7
100 kHz 387.3 378.1 24.0 263.8 267.8

(New Package)

ID 31018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 09.03.2019. 15:19

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	37.4 (33.1~40.5)
For building muscles	Protein (kg)	10.0 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.92 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	27.0 (13.0~20.8)
Sum of the above	Weight (kg)	78.3 (55.3~74.9)

InBody Score

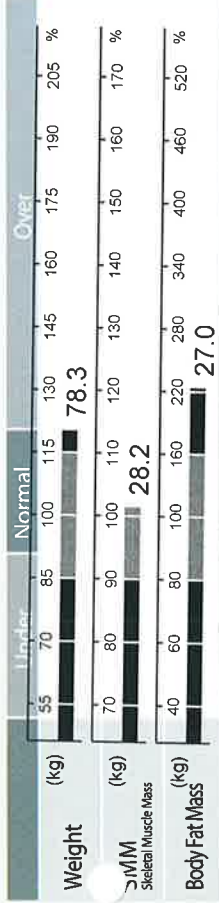
69/100 Points

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

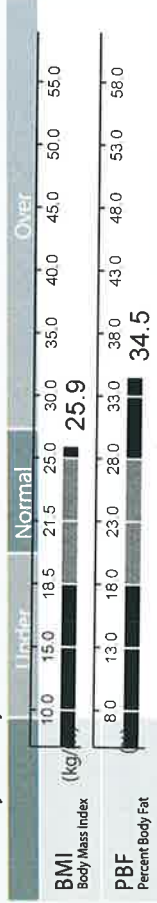
Weight Control

Target Weight 66.6 kg
 Weight Control -11.7 kg
 Fat Control -11.7 kg
 Muscle Control 0.0 kg

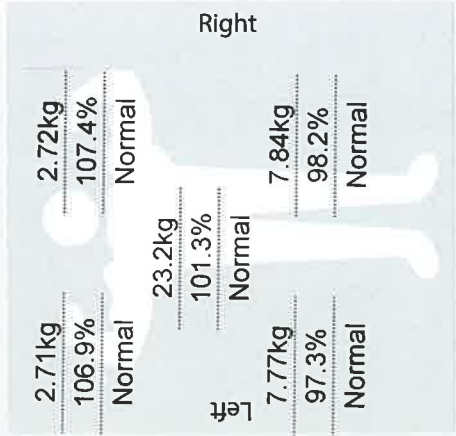
Muscle-Fat Analysis



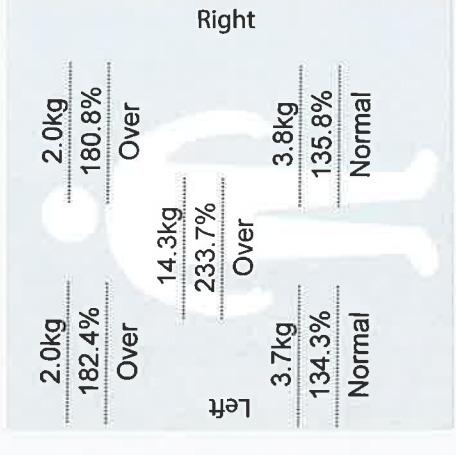
Obesity Analysis



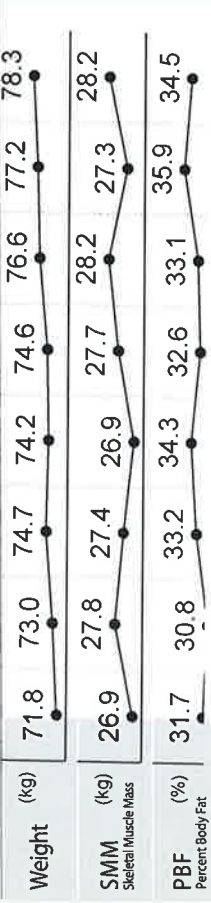
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



Visceral Fat Level



Research Parameters

Fat Free Mass 51.3 kg
 Basal Metabolic Rate 1477 kcal (1542~1803)
 Obesity Degree 120 % (90~110)
 Recommended calorie intake 1903 kcal

Calorie Expenditure of Exercise

Golf	138	Gateball	149
Walking	157	Yoga	157
Badminton	177	Table Tennis	177
Tennis	235	Bicycling	235
Boxing	235	Basketball	235
Mountain Climbing	255	Jumping Rope	274
Aerobics	274	Jogging	274
Soccer	274	Swimming	274
Japanese Fencing	392	Racketball	392
Squash	392	Taekwondo	392

*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 | 407.6 | 409.7 | 22.4 | 320.1 | 325.2
 100 kHz | 370.5 | 373.7 | 19.4 | 285.6 | 293.6

IBS.

Hiba

DIETARY ASSESSMENT

Valley } Fat 8.4 40g 728kj
P. 3.2
CH 20.6g

Food Intolerance (if any) None

Acidity Heart Burn / Constipation ↑ Fat food

No. of meals consumed / day _____

Veg (Non Veg.) Ovo Veg _____

Frequency of eating out / week 3 times per week

Diet Recall - Total Calories (Kcal) 1600 cal

CHO (gm) 140

Protein (gm) NP

Fat (gm) 46

Lifestyle: Sedentary / Moderate / Heavy

Diet Advised - Total calories (Kcal) 1400

40%	CHO (gm)	140g
30%	Protein (gm)	105g
30%	Fat (gm)	46.6g

Remarks like → Skimmed milk, sandwich, egg, cheese Haloumi, feta, cheese, Houmos, → water - 3L Daily.

Counsellor's Name Balsa

Client's Signature _____

Date _____

Mocha: 93. kcal
Fat 2.3
CHO 15

Oat Bar: 1.5

6:30p Cappuccino 68
+ sweet.
tsp Honey

7:30pm

90 kcal Mocha

4:30 lunch

→ Salad (without)

→ Rice + Salooner + chips

or

Soup veg + zucchini + potato + Rice + chips

→ ~~egg~~ Spanish + Rice + meat + Bones

Lentil soup +

→ ~~or~~ Labaneno rice + meat (Bones the meat)

→ 5:00 coffee + torkies + Date

7:30 coffee turkish + Date

8:30 am B.F sandwich

11:00 Fruit (Blue)

→ grapefruit

→ Pomelo

→ Strawberries (10)

→ Calamintina (2-3)

2:30pm Bar. coffee

★ Valley

★ ~~butta~~ (Cardinal)

No CHO on the B.F.



مركز أوركيد الطبي
ORCHID MEDICAL CENTER

1,260.00

RECEIPT VOUCHER (No.REC-002899)

Date:09-03-2019

Receive from Mr./Mrs./M/s. 1001036 - HIBA SOBHA - 971509060356

The sum of Dhs. **One Thousand Two Hundred Sixty Dirhams and Zero Fils Only**By Cash **0.00** / By Credit Card **1,260.00** / By Cheque **0.00** / By Bank Transfer **0.00** / By Allocated **0.00**

Bank: Cheque No.

Date: **09-03-2019**Being **DIETITIAN PACKAGE 5 KG FOR 5 SESSIONS W/O ENDYMED**Made by **Rana**

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

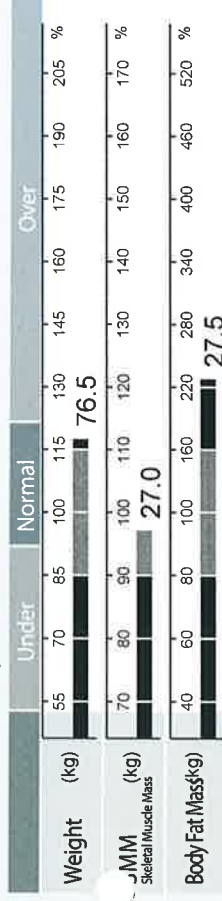
ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 16.03.2019. 14:51

H1bgs (1)

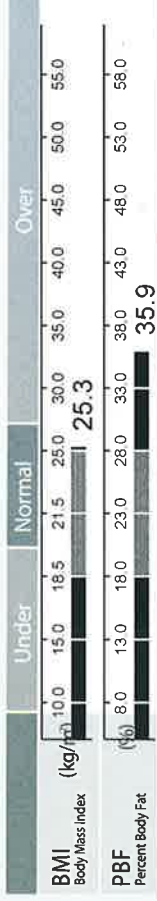
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.8 (33.1~40.5)
For building muscles	Protein (kg)	9.6 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.59 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	27.5 (13.0~20.8)
Sum of the above	Weight (kg)	76.5 (55.3~74.9)

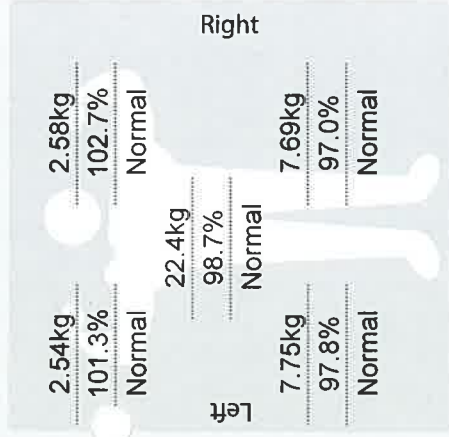
Muscle-Fat Analysis



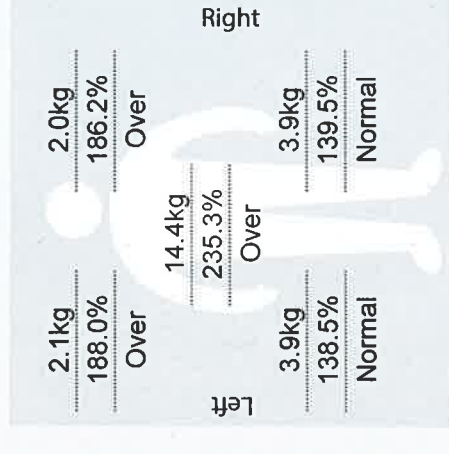
Obesity Analysis



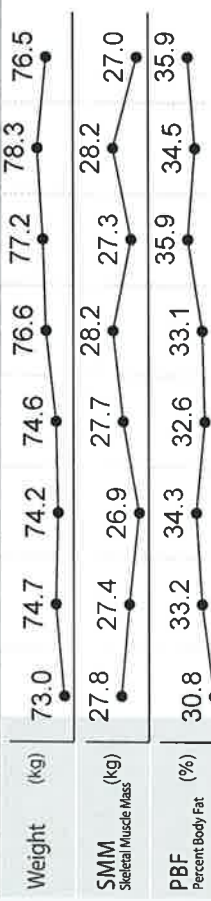
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

66 / 100 Points

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

Weight Control

Target Weight 65.1 kg
 Weight Control - 11.4 kg
 Fat Control - 12.5 kg
 Muscle Control + 1.1 kg

700g

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

1.00 (0.75 0.85)

Visceral Fat Level

Level 13 (Low 10 High)

Research Parameters

Fat Free Mass 49.0 kg
 Basal Metabolic Rate 1429 kcal (1515~1770)
 Obesity Degree 118 % (90~110)
 Recommended calorie intake 1884 kcal

Calorie Expenditure of Exercise

Golf	135	Gateball	145
Walking	153	Yoga	153
Badminton	173	Table Tennis	173
Tennis	230	Bicycling	230
Boxing	230	Basketball	230
Mountain Climbing	249	Jumping Rope	268
Aerobics	268	Jogging	268
Soccer	268	Swimming	268
Japanese Fencing	383	Racketball	383
Squash	383	Taekwondo	383

* 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 | 418.0 425.4 25.8 335.9 327.2
 100 kHz | 380.0 387.3 22.0 299.7 295.9

ID 131018-1

Height 174cm

Age 27

Gender Female

Test Date & Time 19.03.2019. 15:14

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	36.3 (33.1~40.5)
For building muscles	Protein (kg)	9.8 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.70 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	26.5 (13.0~20.8)
Sum of the above	Weight (kg)	76.3 (55.3~74.9)

InBody Score

68 / 100 Points

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

Weight Control

Target Weight 65.1 kg
 Weight Control - 11.2 kg
 Fat Control - 11.5 kg
 Muscle Control + 0.3 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.96

Visceral Fat Level

Level 12

Research Parameters

Fat Free Mass 49.8 kg
 Basal Metabolic Rate 1446 kcal (1512~1766)
 Obesity Degree 117 % (90~110)
 Recommended calorie intake 1882 kcal

Calorie Expenditure of Exercise

Golf	134	Gateball	145
Walking	153	Yoga	153
Badminton	172	Table Tennis	172
Tennis	229	Bicycling	229
Boxing	229	Basketball	229
Mountain Climbing	249	Jumping Rope	267
Aerobics	267	Jogging	267
Soccer	267	Swimming	267
Japanese Fencing	382	Racketball	382
Squash	382	Taekwondo	382

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

Results Interpretation QR Code

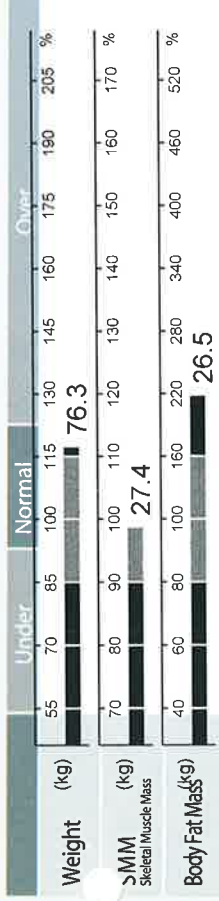
Scan the QR Code to see results interpretation in more detail.



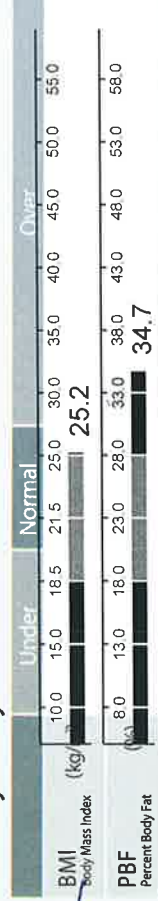
Impedance

Z(Ω) 20 Hz 425.4 436.5 23.8 322.5 314.4
 100 Hz 387.7 397.4 20.3 287.4 283.9

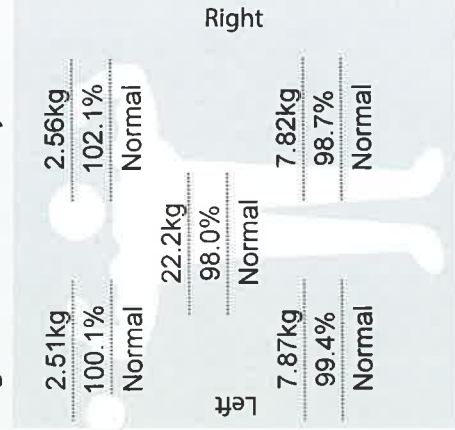
Muscle-Fat Analysis



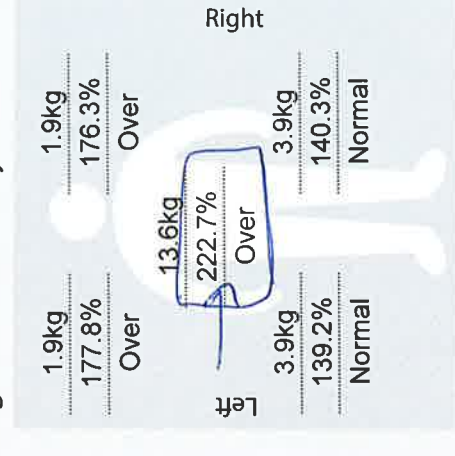
Obesity Analysis



Segmental Lean Analysis

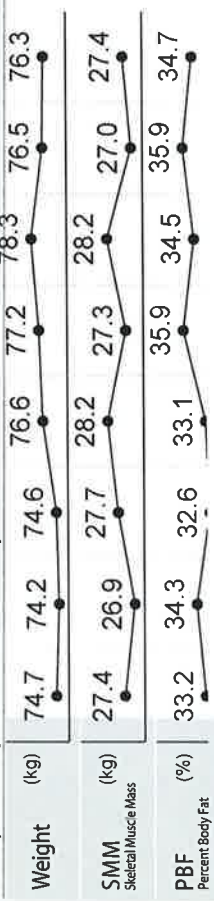


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



ID 131018-1

Height 174cm

Age 27

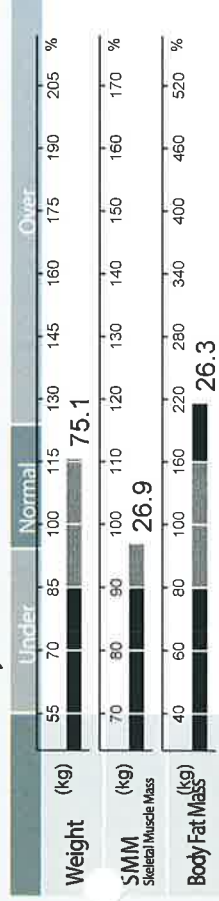
Gender Female

Test Date & Time 23.03.2019. 14:48

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.6 (33.1~40.5)
For building muscles	Protein (kg)	9.6 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.59 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	26.3 (13.0~20.8)
Sum of the above	Weight (kg)	75.1 (55.3~74.9)

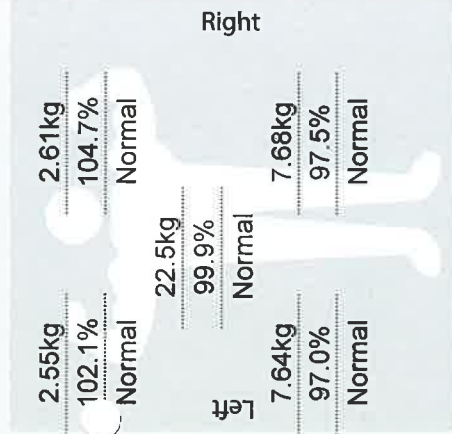
Muscle-Fat Analysis



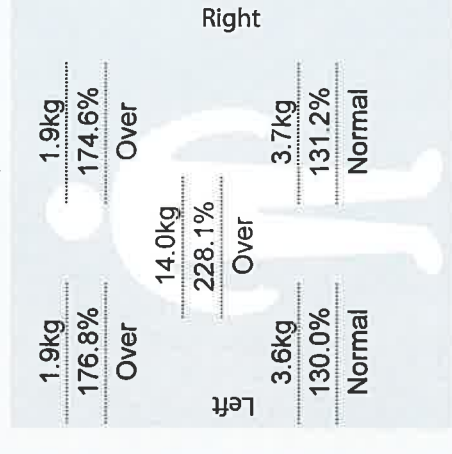
Obesity Analysis



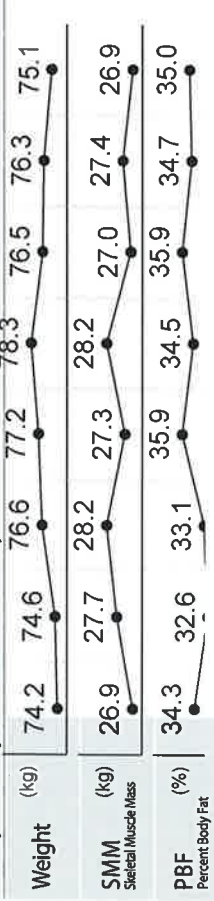
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

67 / 100 Points

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

Weight Control

Target Weight 65.1 kg
 Weight Control - 10.0 kg
 Fat Control - 11.3 kg
 Muscle Control + 1.3 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

1.01 (Scale: 0.75 to 0.85)

Visceral Fat Level

Level 13 (Scale: Low to High)

Research Parameters

Fat Free Mass	48.8 kg
Basal Metabolic Rate	1424 kcal (1494~1744)
Obesity Degree	115 % (90~110)
Recommended calorie intake	1870 kcal
Calorie Expenditure of Exercise	(30~45) Daily
Golf	132 Gateball 143
Walking	150 Yoga 150
Badminton	170 Table Tennis 170
Tennis	225 Bicycling 225
Boxing	225 Basketball 225
Mountain Climbing	245 Jumping Rope 263
Aerobics	263 Jogging 263
Soccer	263 Swimming 263
Japanese Fencing	376 Racketball 376
Squash	376 Taekwondo 376

* 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

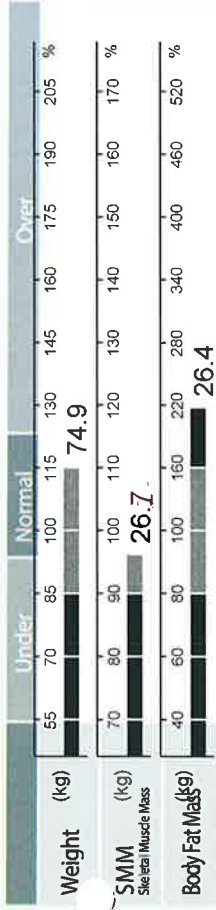
Z (Ω) 20 kHz | 413.8 427.5 26.6 345.1 347.7
 100 kHz | 375.9 388.1 22.6 306.4 312.6

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 26.03.2019. 15:15

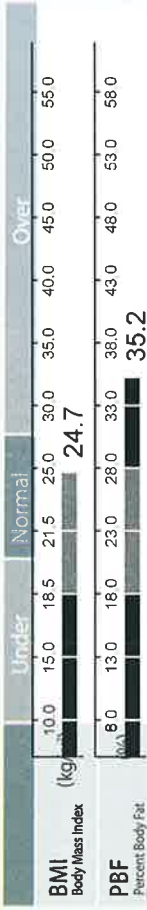
Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.4 (33.1~40.5)
For building muscles	Protein (kg)	9.5 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.58 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	26.4 (13.0~20.8)
Sum of the above	Weight (kg)	74.9 (55.3~74.9)

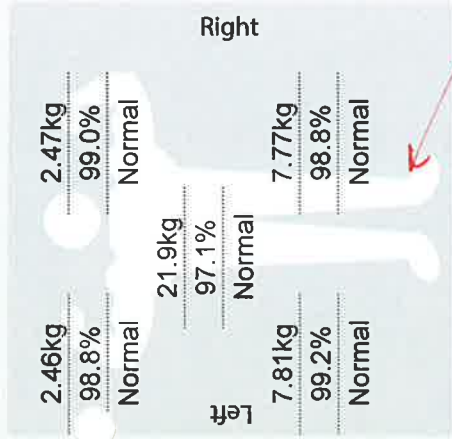
Muscle-Fat Analysis



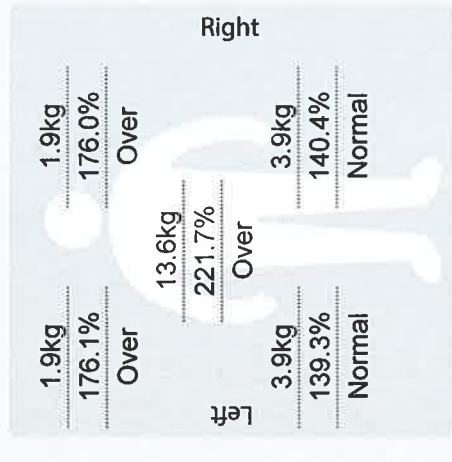
Obesity Analysis



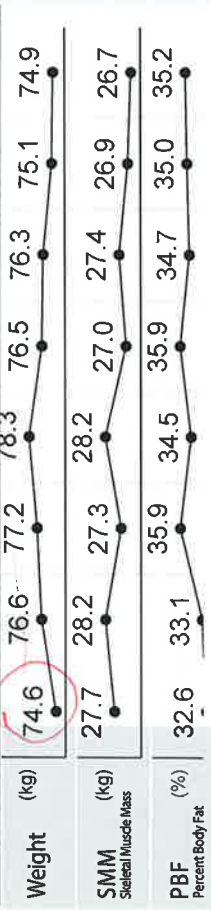
Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History



InBody Score

67 / 100 Points

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

Weight Control

Target Weight 65.1 kg
Weight Control -9.8 kg
Fat Control -11.4 kg
Muscle Control +1.6 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
PBF Normal Slightly Over Over

Waist-Hip Ratio

0.96

Visceral Fat Level

Level 12

Research Parameters

Fat Free Mass 48.5 kg
Basal Metabolic Rate 1418 kcal (1491~1740)
Obesity Degree 115 % (90~110)
Recommended calorie intake 1867 kcal

Calorie Expenditure of Exercise

Golf	132	Gateball	142
Walking	150	Yoga	150
Badminton	169	Table Tennis	169
Tennis	225	Bicycling	225
Boxing	225	Basketball	225
Mountain Climbing	244	Jumping Rope	262
Aerobics	262	Jogging	262
Soccer	262	Swimming	262
Japanese Fencing	375	Racketball	375
Squash	375	Taekwondo	375

* 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 440.9 442.7 25.9 332.8 327.2
100 kHz 400.3 401.6 21.9 296.2 295.0

ID 181018-1

Height 174cm

Age 27

Gender Female

Test Date & Time 20.04.2019. 15:05

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	35.8 (33.1~40.5)
For building muscles	Protein (kg)	9.6 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.69 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	27.0 (13.0~20.8)
Sum of the above	Weight (kg)	76.1 (55.3~74.9)

InBody Score

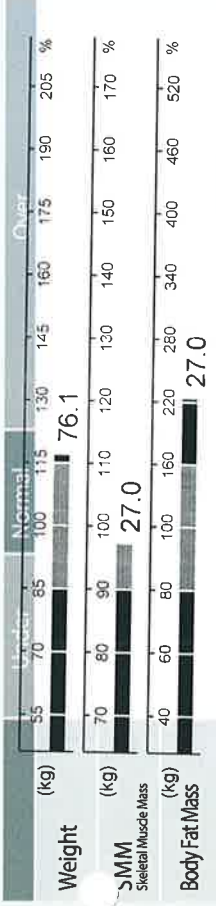
67 / 100 Points

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

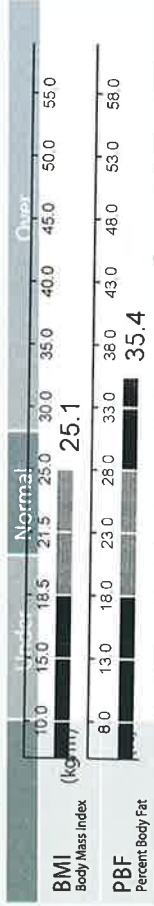
Weight Control

Target Weight	65.1 kg
Weight Control	- 11.0 kg
Fat Control	- 12.0 kg
Muscle Control	+ 1.0 kg

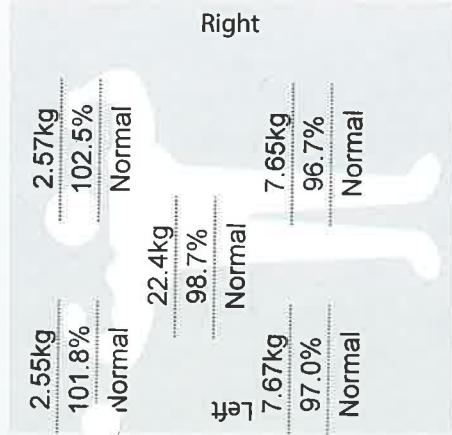
Muscle-Fat Analysis



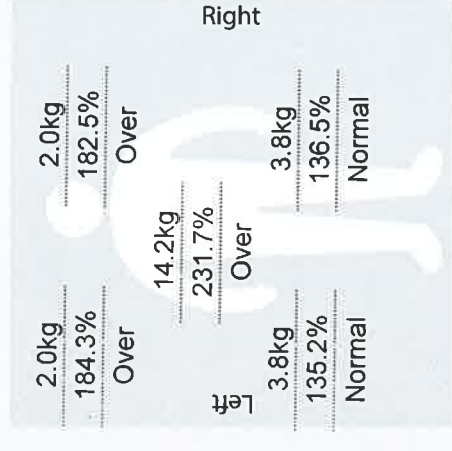
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



Research Parameters

Fat Free Mass	49.1 kg
Basal Metabolic Rate	1431 kcal (1509~1762)
Obesity Degree	117 % (90~110)
Recommended: calorie intake	1880 kcal

Calorie Expenditure of Exercise

Golf	134	Gateball	145
Walking	152	Yoga	152
Badminton	172	Table Tennis	172
Tennis	228	Bicycling	228
Boxing	228	Basketball	228
Mountain Climbing	248	Jumping Rope	266
Aerobics	266	Jogging	266
Soccer	266	Swimming	266
Japanese Fencing	381	Racketball	381
Squash	381	Taekwondo	381

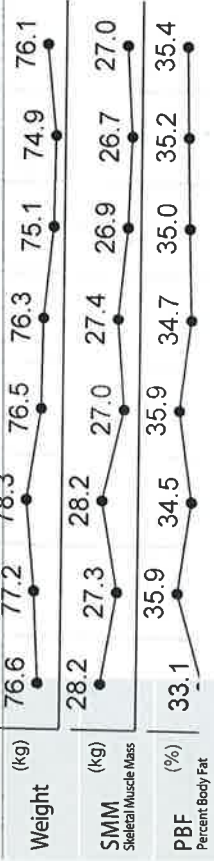
* Based on your current weight
* Based on 30 minute duration

Results Interpretation QR Code



Scan the QR Code to see results interpretation in more detail

Body Composition History



Impedance

Z (Ω)	20 (Ω)	20 (Ω)	20 (Ω)	20 (Ω)	20 (Ω)	20 (Ω)	20 (Ω)	20 (Ω)
	LA	RA	TL	RL	LL	UL	UR	LR
100 (Ω)	385.3	389.7	21.5	301.1	301.7	422.9	426.2	25.1
300 (Ω)	338.6	334.4	21.5	301.1	301.7	385.3	389.7	21.5

ID 131018-1 | Height 174cm | Age 27 | Gender Female | Test Date & Time 23.04.2019. 15:17

Body Composition Analysis

Total amount of water in body	Total Body Water (L)	34.9 (33.1~40.5)
For building muscles	Protein (kg)	9.4 (8.9~10.9)
For strengthening bones	Minerals (kg)	3.57 (3.07~3.75)
For storing excess energy	Body Fat Mass (kg)	27.1 (13.0~20.8)
Sum of the above	Weight (kg)	75.0 (55.3~74.9)

InBody Score

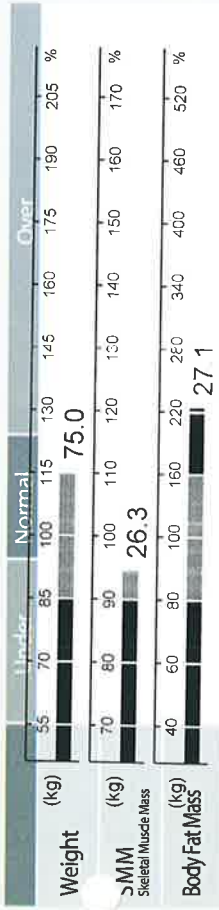
66 / 100 Points

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

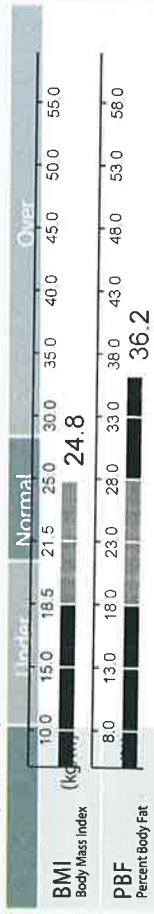
Weight Control

Target Weight 65.1 kg
 Weight Control -9.9 kg
 Fat Control -12.1 kg
 Muscle Control +2.2 kg

Muscle-Fat Analysis



Obesity Analysis



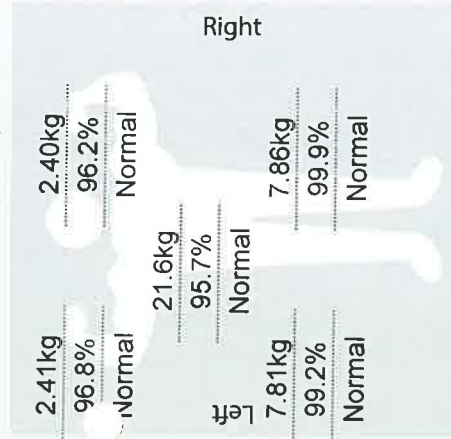
Visceral Fat Level



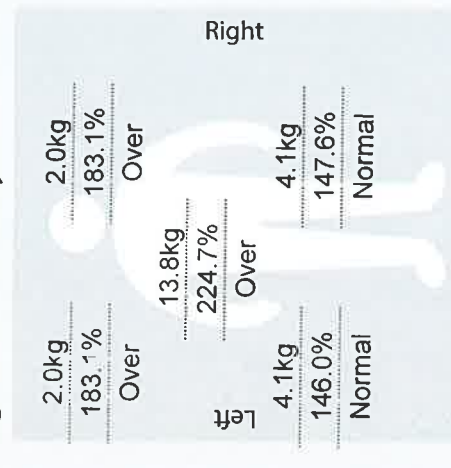
Research Parameters

Fat Free Mass 47.9 kg
 Basal Metabolic Rate 1404 kcal (1493~1742)
 Obesity Degree 115 % (90~110)
 Recommended calorie intake 1868 kcal

Segmental Lean Analysis



Segmental Fat Analysis



Calorie Expenditure of Exercise

Golf	132	Gateball	143
Walking	150	Yoga	150
Badminton	170	Table Tennis	170
Tennis	225	Bicycling	225
Boxing	225	Basketball	225
Mountain Climbing	245	Jumping Rope	263
Aerobics	263	Jogging	263
Soccer	263	Swimming	263
Japanese Fencing	375	Racketball	375
Squash	375	Taekwondo	375

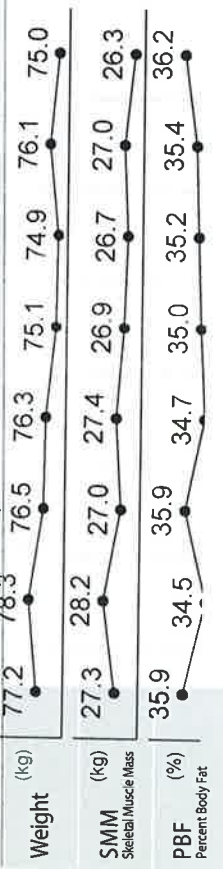
*Based on 1hr current weight
 *Based on 30 minute duration

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail



Body Composition History



Impedance

Z (kΩ) 2.0 (kΩ) 450.3 446.2 26.4 323.3 326.7
 (10 kΩ) 409.0 405.9 22.9 287.0 294.1