



مركز أوركيد الطبي
ORCHID MEDICAL CENTER

صحة... ابتسامة... جمال
Health ... Smile ... Beauty

File No:

Date: / /

Date: 3/10/2019

File Number: ١٥٥٣٤٥٩

Patient Name: N.O.G.A.A.L.S.A.B.B.A.G.H

اسم المريض:

Date Of Birth: 1/4/1983 Gender: M / F

Marital Status: (الحالة الاجتماعية): S.P.A.G.H.

Nationality: (الجنسية): SYRIAN

Occupation: S.T.A.L.L.S.T

Address: P.G.A.A.L.A.B.A.D.A

Phone No. (رقم الهاتف): 0550456900

E-MAIL: N.O.P.R.A.S.A.B.B.A.G.H.T.M.A.L.L.COM How did you know about us: O.O.G.G.

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

أتفهم أنه من الممكن أن يكتشف الطبيب خلال العلاج أموراً مختلفة عن ما ذكر 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 التجيلية المقدمة لي، كما اتفهم الاخطار و المضاعفات الناتجة عن عدم استكمال علاج حالتي المرضية.

أتفهم تماماً كافة الاخطار و المضاعفات التي قد تكون مصاحبة للفحوصات و الإجراءات العلاجية و الجراحية.

و ادرك ان بعض الإجراءات التشخيصية و العلاجية و الجراحية قد تؤدي الي مضاعفات كالالتهاب 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 الانتهاء من العلاج.

أقر أن كافة المعلومات الطبية و التاريخ الطبي الذي قدمته لدي فتحتي للملف صحيحة. و اتفهم ان اي معلومات تتعلق بحالتي الصحية ستبقى سرية تماماً و لا 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: ... / ... /

استمارة تقييم المريض Patient Assessment Form

المؤشرات الحيوية Vital Signs

| | | | | |
|-----------------|-----|----------------------------|----|--------------------------|
| Weight (الوزن): | Kg | Height (الطول): | cm | Blood Type (نصيلة الدم): |
| Pulse (النبض): | ppm | Blood Pressure (ضغط الدم): | / | Blood Sugar (سكر الدم): |

سبب زيارة المريض للعيادة Chief Complaint

التاريخ المرضي: Disease History

Iron Diff

الحساسية: Allergies

None

الأدوية: Medications

الحمل: Pregnancy

عمليات سابقة ، الجراحات للمستشفى
Previous Surgeries, Hospitalization

التدخين (Smoking): Y / N

Y

التدخين (Smoking): Y / N

Y / N

التدخين (Smoking): Y / N

التدخين (Smoking): Y / N

الملاحظات العامة و السريرية General & Clinical Findings

الفحص Examination

الصور الشعاعية Radiography

التشخيص Diagnosis

File No:

Date: / /

Treatment Plan خطة العلاج

Doctor's Signature and Stamp

.....

ID 031219-1 | Height 167cm | Age 36 | Gender Female | Test Date / Time 03.12.2019 13:10

Body Composition Analysis

| | | |
|----------------------------------|-----------------------------|--------------------|
| Total amount of water in my body | Total Body Water (L) | 31.7 (30.5~37.3) |
| What I need to build muscles | Protein (kg) | 8.5 (8.2~10.0) |
| What I need for strong bones | Mineral (kg) | 3.12 (2.83~3.45) |
| Where my excess energy is stored | Body Fat Mass (kg) | 23.8 (12.0~19.2) |
| Sum of the above | Weight (kg) | 67.1 (51.0~69.0) |

InBody Score

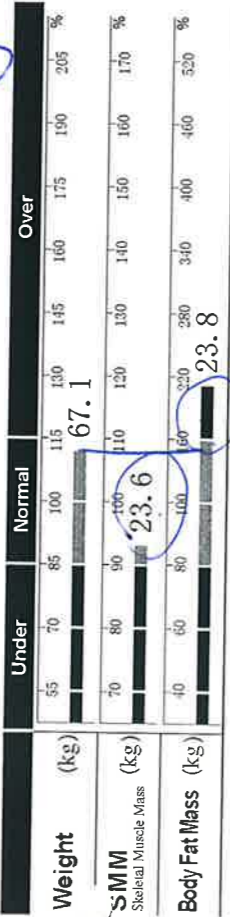
67 /100 Points

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

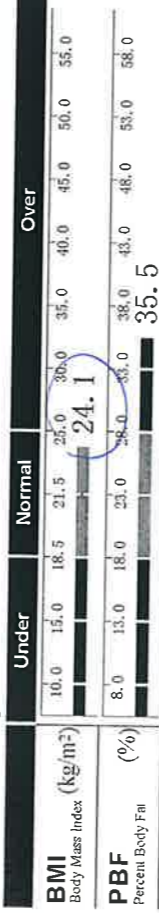
Weight Control

Target Weight 60.0 kg
 Weight Control -7.1 kg
 Fat Control **-10.0 kg**
 Muscle Control +2.9 kg

Muscle-Fat Analysis

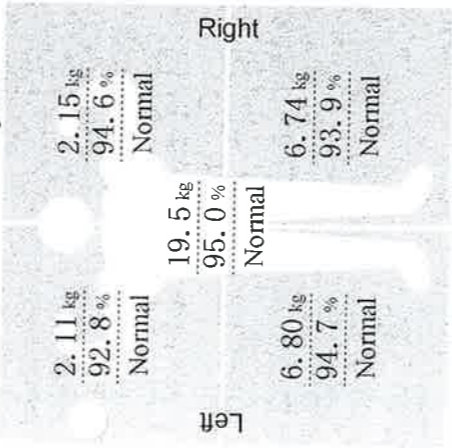


Obesity Analysis



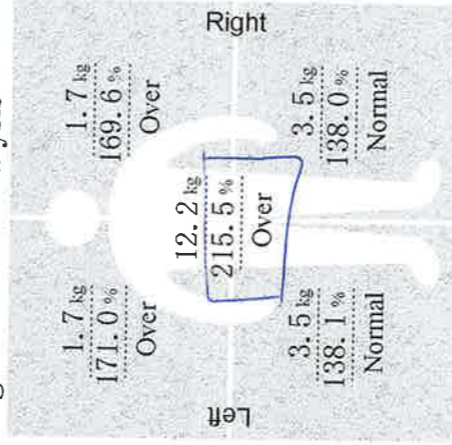
Lean Mass % Evaluation

Segmental Lean Analysis



Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

| | | | | | |
|--------------------|----------------|--|--|--|--|
| Weight (kg) | 67.1 | | | | |
| SMM (kg) | 23.6 | | | | |
| PBF (%) | 35.5 | | | | |
| Recent Total | 03.12.19 13:10 | | | | |

Visceral Fat Level

Level 11 (Low 10 High)

Research Parameters

Fat Free Mass 43.3 kg
 Basal Metabolic Rate 1305 kcal (1374~1598)
 Obesity Degree 112 % (90~110)
 Recommended calorie intake 1667 kcal

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 118 | Gateball | 127 |
| Walking | 134 | Yoga | 134 |
| Badminton | 152 | Table Tennis | 152 |
| Tennis | 201 | Bicycling | 201 |
| Boxing | 201 | Basketball | 201 |
| Mountain Climbing | 219 | Jumping Rope | 235 |
| Aerobics | 235 | Jogging | 235 |
| Soccer | 235 | Swimming | 235 |
| Japanese Fencing | 336 | Racketball | 336 |
| Squash | 336 | Taekwondo | 336 |

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

Impedance

RA LA TR RL LL
 Z_(ex) 20 kHz 416.7 426.6 27.9 318.4 311.9
 100 kHz 380.4 389.0 23.9 286.1 280.5

InBody

Naaver

[InBody270]

ID 031219-1 | Height 167cm | Age 36 | Gender Female | Test Date / Time 08.12.2019 14:38

Body Composition Analysis

| | | |
|----------------------------------|-----------------------------|----------------------|
| Total amount of water in my body | Total Body Water (L) | 29.8 (30.5 ~ 37.3) |
| What I need to build muscles | Protein (kg) | 8.0 (8.2 ~ 10.0) |
| What I need for strong bones | Mineral (kg) | 2.99 (2.83 ~ 3.45) |
| Where my excess energy is stored | Body Fat Mass (kg) | 24.3 (12.0 ~ 19.2) |
| Sum of the above | Weight (kg) | 65.1 (51.0 ~ 69.0) |

InBody Score

64/100 Points

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

Weight Control

Target Weight 60.0 kg
 Weight Control -5.1 kg
 Fat Control -10.5 kg
 Muscle Control +5.4 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over
 PBF Normal Slightly Over Over

Waist-Hip Ratio

0.94

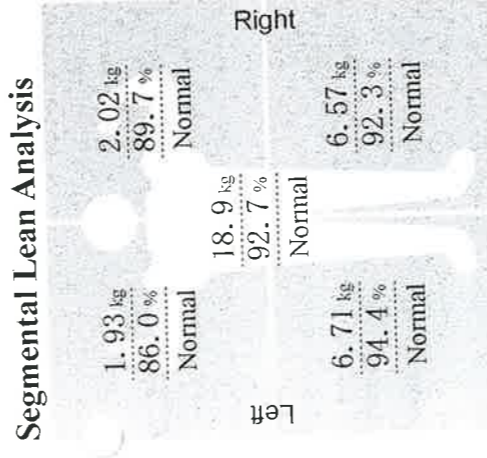
Visceral Fat Level

Level 12

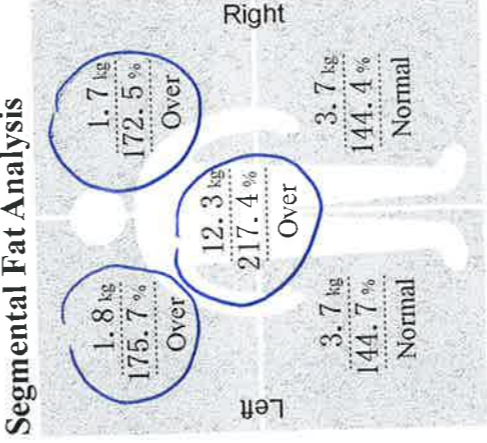
Obesity Analysis

| | Under | Normal | Over |
|---------------------------------|--|--------|------|
| BMI (kg/m ²) | 10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0 | 23.3 | |
| PBF (%) | 8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0 | 37.3 | |

Lean Mass % Evaluation



Fat Mass % Evaluation



* Segmental fat is estimated.

Research Parameters

Fat Free Mass 40.8 kg
 Basal Metabolic Rate 1251 kcal (1344 ~ 1561)
 Obesity Degree 109 % (90 ~ 110)
 Recommended calorie intake 1646 kcal

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 115 | Gateball | 124 |
| Walking | 130 | Yoga | 130 |
| Badminton | 147 | Table Tennis | 147 |
| Tennis | 195 | Bicycling | 195 |
| Boxing | 195 | Basketball | 195 |
| Mountain Climbing | 212 | Jumping Rope | 228 |
| Aerobics | 228 | Jogging | 228 |
| Soccer | 228 | Swimming | 228 |
| Japanese Fencing | 326 | Racketball | 326 |
| Squash | 326 | Taekwondo | 326 |

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

Impedance

RA LA TR RL LL
 Z(Ω) 20 kHz | 464.6 489.2 31.0 364.8 344.5
 100 kHz | 420.7 442.6 26.2 324.4 308.3

Body Composition History

| | 03.12.19:08:12:19 | 03.12.19:08:12:19 |
|--------------------|-------------------|-------------------|
| Weight (kg) | 67.1 | 65.1 |
| SMM (kg) | 23.6 | 22.3 |
| PBF (%) | 35.5 | 37.3 |
| Recent Total | 13:10 | 14:38 |

270-0PW-0310147015-11151701500757

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مركز أوركيد الطبي
ORCHID MEDICAL CENTER

AED 1,575.00

RECEIPT VOUCHER (No.REC-006423)

Date:08-12-2019

Receive from Mr./Mrs./M/s. 1003459 - NOORA 00. - 971504045620

The sum of Dhhs. One Thousand Five Hundred Seventy-Five Dirhams and Zero Fils Only

By Cash 0.00 / By Credit Card 1,575.00 / By Cheque 0.00 / By Bank Transfer 0.00 / By Allocated 0.00

Bank: Cheque No.

Date: 08-12-2019

Being DIETITIAN 5 KG PACKAGE FOR 5 SESSIONS

Made by Rana

- 1.Any Advance refund will be accepted within 48 hours for 25% of deduction from the total amount.
- 2.Treatment includes lab cost is non-refundable.
- 3.After 48 hours No refundable accepted

Confirmed by : 1003459 - NOORA 00. - 971504045620

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

InBody

Nowa ①

[InBody270]

ID 031219-1 | Height 167cm | Age 36 | Gender Female | Test Date / Time 15.12.2019 14:36

Body Composition Analysis

| | | |
|----------------------------------|-----------------------------|--------------------|
| Total amount of water in my body | Total Body Water (L) | 30.5 (30.5~37.3) |
| What I need to build muscles | Protein (kg) | 8.2 (8.2~10.0) |
| What I need for strong bones | Mineral (kg) | 3.00 (2.83~3.45) |
| Where my excess energy is stored | Body Fat Mass (kg) | 23.8 (12.0~19.2) |
| Sum of the above | Weight (kg) | 65.5 (51.0~69.0) |

InBody Score

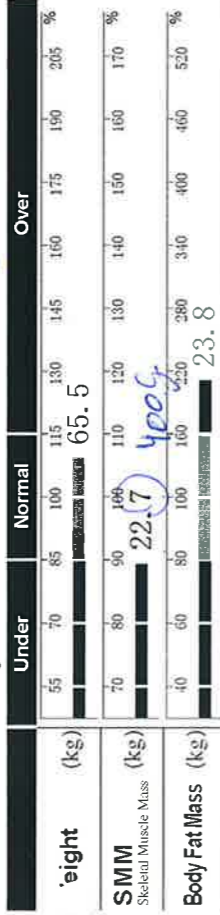
66/100 Points

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

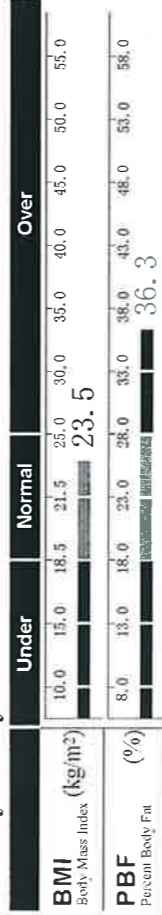
Weight Control

Target Weight 60.0 kg
 Weight Control -5.5 kg
 Fat Control **-10.0 kg** ↓ *500g*
 Muscle Control **+4.5 kg**

Muscle-Fat Analysis



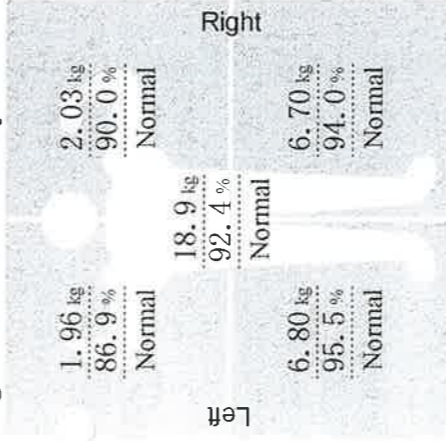
Obesity Analysis



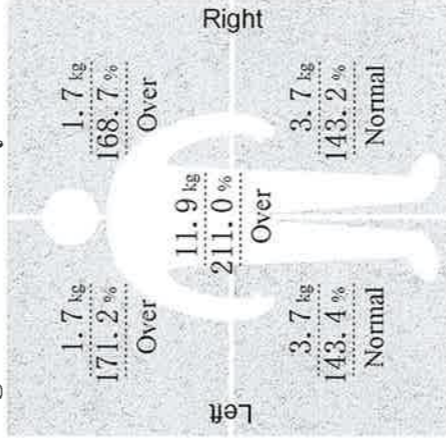
Research Parameters

Fat Free Mass 41.7 kg
 Basal Metabolic Rate 1271 kcal (1350~1568)
 Obesity Degree 109 % (90~110)
 Recommended calorie intake 1650 kcal

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

| Item | 03.12.19 | 08.12.19 | 15.12.19 |
|--------------|----------|----------|----------|
| Weight (kg) | 67.1 | 65.1 | 65.5 |
| SMM (kg) | 23.6 | 22.3 | 22.7 |
| PBF (%) | 35.5 | 37.3 | 36.3 |
| Recent Total | 13:10 | 14:38 | 14:36 |

Visceral Fat Level

Level 11 | Low 10 | High

Impedance

Z₄₀ 20 kHz | 441.7 460.6 30.2 330.4 318.2
 100 kHz | 402.0 418.6 25.6 296.1 285.9

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 115 | Gateball | 124 |
| Walking | 131 | Yoga | 131 |
| Badminton | 148 | Table Tennis | 148 |
| Tennis | 197 | Bicycling | 197 |
| Boxing | 197 | Basketball | 197 |
| Mountain Climbing | 214 | Jumping Rope | 229 |
| Aerobics | 229 | Jogging | 229 |
| Soccer | 229 | Swimming | 229 |
| Japanese Fencing | 328 | Racketball | 328 |
| Squash | 328 | Taekwondo | 328 |

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

InBody

Nona (12)

[InBody270]

| | | | | |
|----------|--------|-----|--------|--------------------|
| ID | Height | Age | Gender | Test Date / Time |
| 031219-1 | 167cm | 36 | Female | 22. 12. 2019 14:44 |

Body Composition Analysis

1.9kg
700g

| | | |
|----------------------------------|----------------------|--------------------|
| Total amount of water in my body | Total Body Water (L) | 31.2 (30.5~37.3) |
| What I need to build muscles | Protein (kg) | 8.4 (8.2~10.0) |
| What I need for strong bones | Mineral (kg) | 3.11 (2.83~3.45) |
| Where my excess energy is stored | Body Fat Mass (kg) | 22.0 (12.0~19.2) |
| Sum of the above | Weight (kg) | 64.7 (51.0~69.0) |

InBody Score

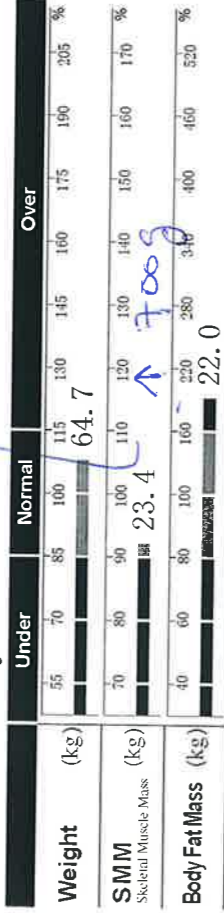
68 / 100 Points

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

Weight Control

| | |
|----------------|---------|
| Target Weight | 60.0 kg |
| Weight Control | -4.7 kg |
| Fat Control | -8.2 kg |
| Muscle Control | +3.5 kg |

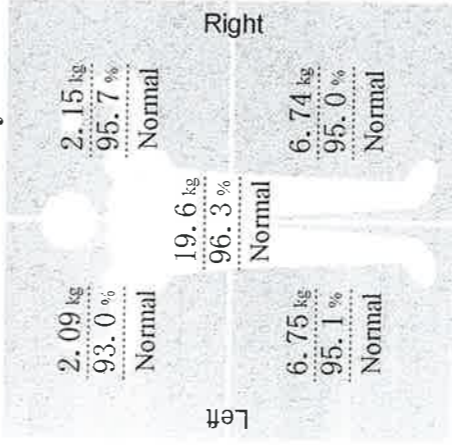
Muscle-Fat Analysis



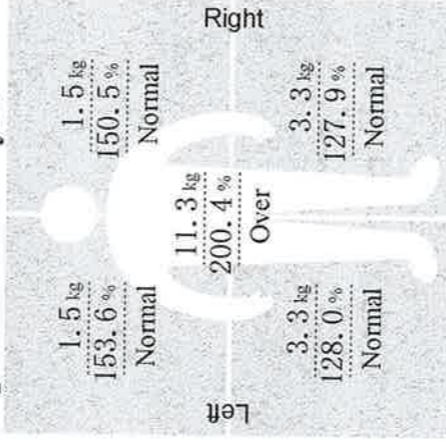
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

| Category | 08.12.19 | 10.12.19 | 11.12.19 | 12.12.19 | 13.12.19 | 14.12.19 |
|--------------|----------|----------|----------|----------|----------|----------|
| Weight (kg) | 67.1 | 65.1 | 65.5 | 64.7 | | |
| SMM (kg) | 23.6 | 22.3 | 22.7 | 23.4 | | |
| PBF (%) | 35.5 | 37.3 | 36.3 | 34.1 | | |
| Recent Total | 13:10 | 14:38 | 12:19 | 12:19 | 14:36 | 14:44 |

270-2DM-0340/470AS-A115/F91802752

Waist-Hip Ratio

0.94 | 0.75 0.85

Visceral Fat Level

Level 10 | Low 10 High

Research Parameters

| | |
|----------------------------|---------------------------|
| Fat Free Mass | 42.7 kg |
| Basal Metabolic Rate | 1292 kcal (1338 ~ 1554) |
| Obesity Degree | 108 % (90 ~ 110) |
| Recommended calorie intake | 1641 kcal |

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 114 | Gateball | 123 |
| Walking | 129 | Yoga | 129 |
| Badminton | 146 | Table Tennis | 146 |
| Tennis | 194 | Bicycling | 194 |
| Boxing | 194 | Basketball | 194 |
| Mountain Climbing | 211 | Jumping Rope | 226 |
| Aerobics | 226 | Jogging | 226 |
| Soccer | 226 | Swimming | 226 |
| Japanese Fencing | 324 | Racketball | 324 |
| Squash | 324 | Taekwondo | 324 |

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

Impedance

RA LA TR RL LL
Z(Ω) 20 kHz | 434.4 448.7 29.1 344.9 344.7
100 kHz | 393.1 407.0 24.8 305.7 305.5

InBody

Noura (13)

ID 031219-1 | Height 167cm | Age 36 | Gender Female | Test Date / Time 31.12.2019. 13:11

Period due

Body Composition Analysis

| | | |
|-------------------------------|----------------------|--------------------|
| Total amount of water in body | Total Body Water (L) | 31.1 (30.5~37.3) |
| For building muscles | Protein (kg) | 8.3 (8.2~10.0) |
| For strengthening bones | Minerals (kg) | 3.11 (2.83~3.45) |
| For storing excess energy | Body Fat Mass (kg) | 22.5 (12.0~19.2) |
| Sum of the above | Weight (kg) | 65.0 (51.0~69.0) |

InBody Score **68** / 100 Points

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

Weight Control

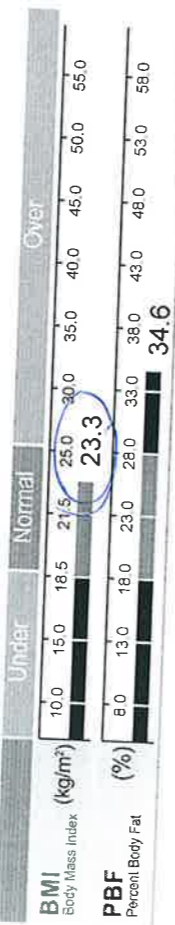
Target Weight 60.0 kg
 Weight Control -5.0 kg
 Fat Control -8.7 kg
 Muscle Control +3.7 kg

Change the target to maintaining

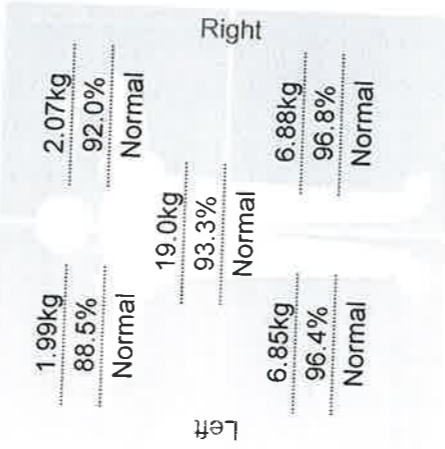
Muscle-Fat Analysis



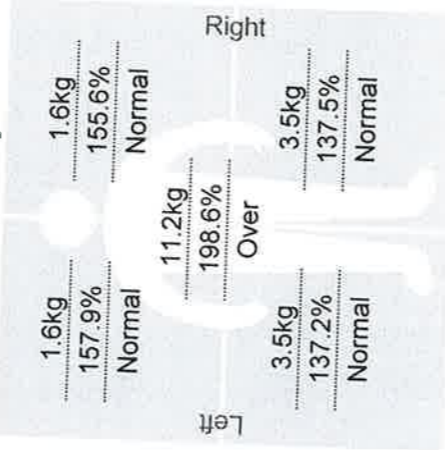
Obesity Analysis



Segmental Lean Analysis

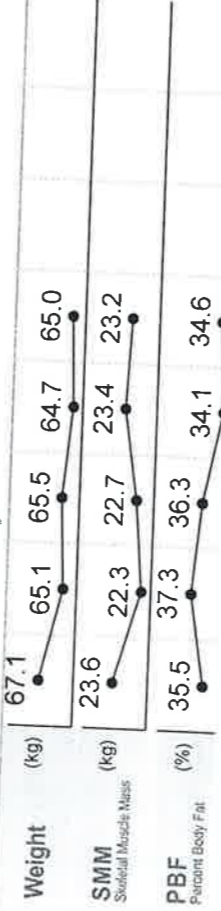


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



Waist-Hip Ratio

0.90

Visceral Fat Level

Level 10

Research Parameters

Fat Free Mass 42.5 kg
 Basal Metabolic Rate 1288 kcal
 Obesity Degree 108 % (90~110)

Because she is not able to stop exercise

Calorie Expenditure of Exercise

| | | | |
|-------------------|-----|--------------|-----|
| Golf | 114 | Gateball | 124 |
| Walking | 130 | Yoga | 130 |
| Badminton | 147 | Table Tennis | 147 |
| Tennis | 195 | Bicycling | 195 |
| Boxing | 195 | Basketball | 195 |
| Mountain Climbing | 212 | Jumping Rope | 228 |
| Aerobics | 228 | Jogging | 228 |
| Soccer | 228 | Swimming | 228 |
| Japanese Fencing | 325 | Racketball | 325 |
| Squash | 325 | Taekwondo | 325 |

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

Impedance

RA LA TR RL LL
 Z(Ω) 20 kHz 431.0 451.5 28.6 311.8 314.4
 100 kHz 392.2 409.6 24.8 279.1 281.5

InBody

106
Name (4)

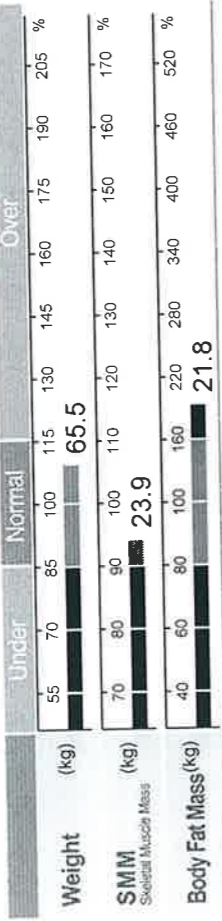
★ maintaining
(78-75)

ID 200114-2 | Height 167cm | Age 36 | Gender Female | Test Date / Time 14.01.2020. 12:07

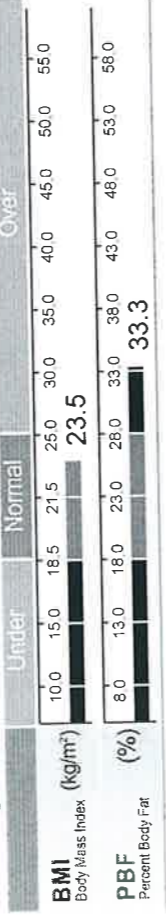
Body Composition Analysis

| | | | |
|-------------------------------|------------------|------|--------------------|
| Total amount of water in body | Total Body Water | (L) | 31.9 (30.5~37.3) |
| For building muscles | Protein | (kg) | 8.6 (8.2~10.0) |
| For strengthening bones | Minerals | (kg) | 3.22 (2.83~3.45) |
| For storing excess energy | Body Fat Mass | (kg) | 21.8 (12.0~19.2) |
| Sum of the above | Weight | (kg) | 65.5 (51.0~69.0) |

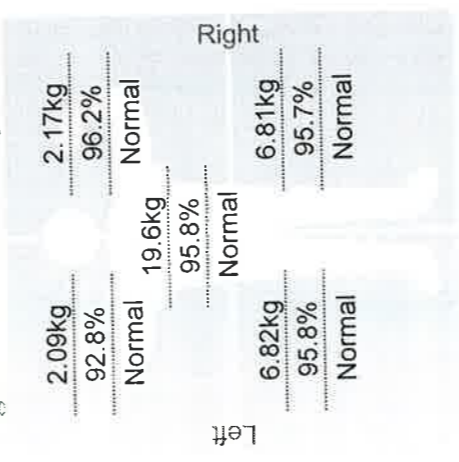
Muscle-Fat Analysis



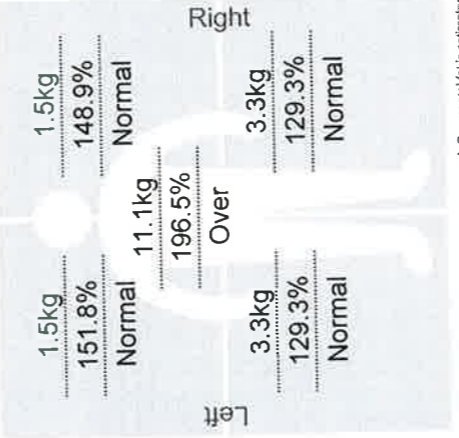
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History

| | |
|-------------|------|
| Weight (kg) | 65.5 |
| SMM (kg) | 23.9 |
| PBF (%) | 33.3 |

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 59.9 kg
 Weight Control - 5.6 kg
 Fat Control - 8.1 kg
 Muscle Control + 2.5 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 43.7 kg
 Basal Metabolic Rate 1313 kcal
 Obesity Degree 109% (90~110)
 Recommended calorie intake 1650 kcal

Calorie Expenditure of Exercise

| | | | |
|------------------|-----|--------------|-----|
| Golf | 115 | Gateball | 124 |
| Walking | 131 | Yoga | 131 |
| Badminton | 148 | Table Tennis | 148 |
| Tennis | 197 | Bicycling | 197 |
| Boxing | 197 | Basketball | 197 |
| Hiking | 214 | Jumping Rope | 229 |
| Aerobics | 229 | Jogging | 229 |
| Soccer | 229 | Swimming | 229 |
| Japanese Fencing | 328 | Racketball | 328 |
| Squash | 328 | Taekwondo | 328 |

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

Impedance

| | | | | | |
|-------------|-------|-------|------|-------|-------|
| Z(Ω) 20 kHz | 426.6 | 445.7 | 26.6 | 324.4 | 323.3 |
| 100 kHz | 387.6 | 404.6 | 22.6 | 289.4 | 288.6 |

InBody

Nowa 5

ID 200114-2 | Height 167cm | Age 36 | Gender Female | Test Date / Time 28.01.2020. 12:36

+ 1 Free sessions
weight gain due to sick.
67/100 Points
Period due

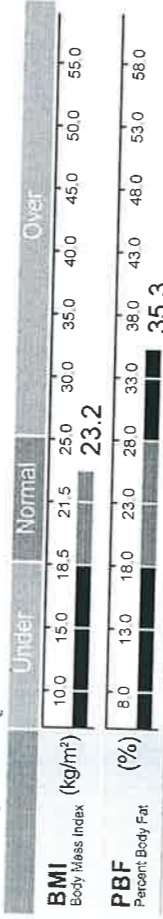
Body Composition Analysis

| | | |
|-------------------------------|----------------------|--------------------|
| Total amount of water in body | Total Body Water (L) | 30.6 (30.5-37.3) |
| For building muscles | Protein (kg) | 8.3 (8.2-10.0) |
| For strengthening bones | Minerals (kg) | 3.00 (2.83-3.45) |
| For storing excess energy | Body Fat Mass (kg) | 22.9 (12.0-19.2) |
| Sum of the above | Weight (kg) | 64.8 (51.0-69.0) |

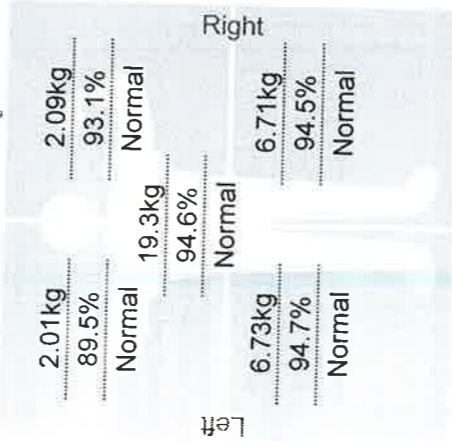
Muscle-Fat Analysis



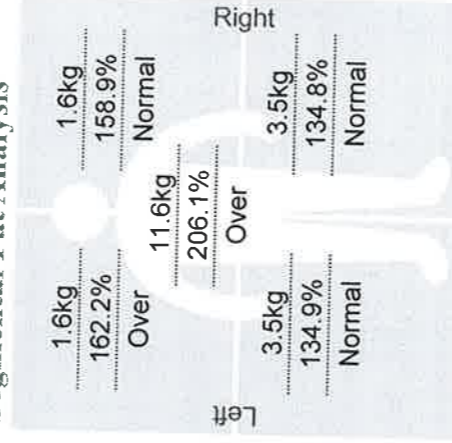
Obesity Analysis



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 60.0 kg
Weight Control -4.8 kg
Fat Control -9.1 kg
Muscle Control +4.3 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 41.9 kg
Basal Metabolic Rate 1275 kcal
Obesity Degree 108 % (90-110)
Recommended calorie intake 1642 kcal

Calorie Expenditure of Exercise

| | | | |
|------------------|-----|--------------|-----|
| Golf | 114 | Gateball | 123 |
| Walking | 130 | Yoga | 130 |
| Badminton | 146 | Table Tennis | 146 |
| Tennis | 194 | Bicycling | 194 |
| Boxing | 194 | Basketball | 194 |
| Hiking | 211 | Jumping Rope | 227 |
| Aerobics | 227 | Jogging | 227 |
| Soccer | 227 | Swimming | 227 |
| Japanese Fencing | 324 | Racketball | 324 |
| Squash | 324 | Taekwondo | 324 |

* Based on your current weight

* Based on 30 minute duration

Impedance

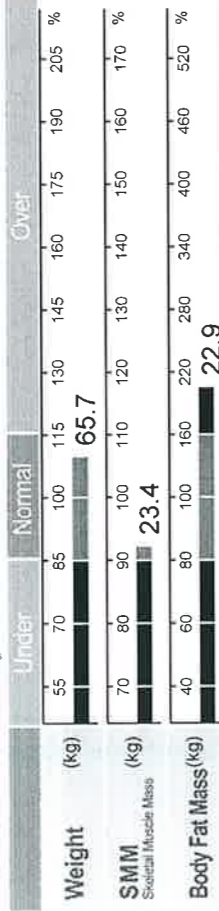
Z(ω) 20 kHz 444.7 466.4 29.8 347.1 345.3
100 kHz 403.3 423.0 25.5 307.8 306.4
RA LA TR RL LL

ID 200114-2 | Height 167cm | Age 36 | Gender Female | Test Date / Time 04.02.2020. 13:35

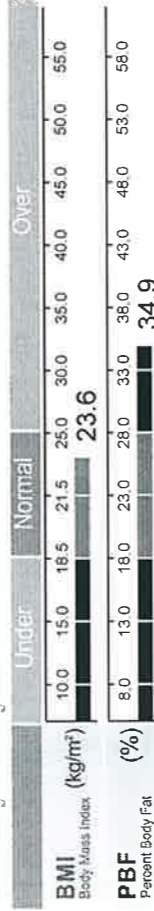
Body Composition Analysis

| | | |
|-------------------------------|----------------------|--------------------|
| Total amount of water in body | Total Body Water (L) | 31.2 (30.5-37.3) |
| For building muscles | Protein (kg) | 8.5 (8.2~10.0) |
| For strengthening bones | Minerals (kg) | 3.11 (2.83-3.45) |
| For storing excess energy | Body Fat Mass (kg) | 22.9 (12.0-19.2) |
| Sum of the above | Weight (kg) | 65.7 (51.0-69.0) |

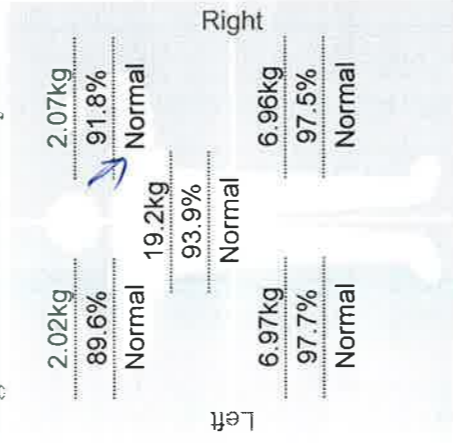
Muscle-Fat Analysis



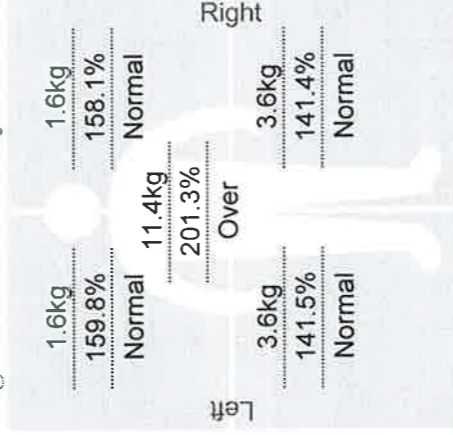
Obesity Analysis



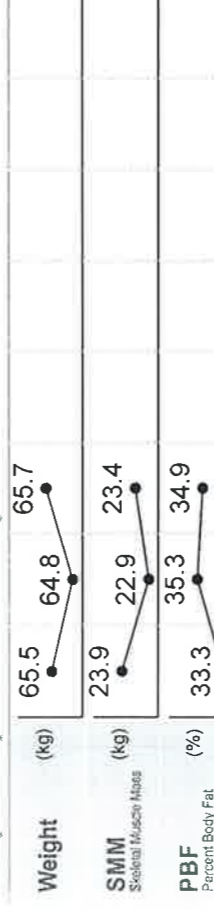
Segmental Lean Analysis



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 60.0 kg
 Weight Control - 5.7 kg
 Fat Control - 9.1 kg
 Muscle Control + 3.4 kg

Obesity Evaluation

BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.90

Visceral Fat Level

Level 10

Research Parameters

Fat Free Mass 42.8 kg
 Basal Metabolic Rate 1294 kcal
 Obesity Degree 110 % (90~110)
 Recommended calorie intake 1652 kcal

Calorie Expenditure of Exercise

| | | | |
|------------------|-----|--------------|-----|
| Golf | 116 | Gateball | 125 |
| Walking | 131 | Yoga | 131 |
| Badminton | 149 | Table Tennis | 149 |
| Tennis | 197 | Bicycling | 197 |
| Boxing | 197 | Basketball | 197 |
| Hiking | 214 | Jumping Rope | 230 |
| Aerobics | 230 | Jogging | 230 |
| Soccer | 230 | Swimming | 230 |
| Japanese Fencing | 329 | Racketball | 329 |
| Squash | 329 | Taekwondo | 329 |

* Based on your current weight

* Based on 30 minute duration

Impedance

| | | | | | |
|-------------|-------|-------|------|-------|-------|
| | RA | LA | TR | RL | LL |
| Z(ω) 20 kHz | 447.2 | 460.2 | 28.2 | 319.4 | 318.0 |
| 100 kHz | 404.8 | 416.2 | 24.4 | 284.0 | 282.5 |

* Segmental fat is estimated