

**Date: 28- 8- 2017**

**Time: 15:38**

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**Height: 174cm**

**Weight: 69.6 kg**

**BMI: 23.0**

**Ideal Weight: 60.2 kg**

**Standard Weight: 58kg-63kg**

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**Fat Rate: 30.2%**

**Fat Mass: 21.0 kg**

**Basal Metabolic rate: 1526 kcal**

**Male fat rate range: 10- 19.9%**

**Water content: 53.5%**

**Evaluation: 07 Standard**

**(Normal range: 7- 9)**

**Skeletal muscle rate: 35.3%**

**Evaluation: 06 Relatively Low**

**(Normal range: 7- 9)**

**Visceral fat index: 8.2**

**Evaluation: 10 Relatively High**

**(Normal range: less than10)**

**Bone mineral content: 2.8 kg**

**Evaluation: 0.2 Low**

**(Normal range: 7- 9)**

**Extracellular Fluids: 13.6 L**

**Intracellular Fluids: 23.6 L**

**Total Water: 37.2 kg**

**Protein: 14.2 kg**

**Inorganic salts: 5.2 kg**

**Body age: 26**

**Overall rating: 82.3 points**

**\* \* \* \* \***

**Blood pressure: 110 /73 mmHg**

**Heart Rate: 68**

**Ideal blood pressure: Less then 140 /90**

**\* \* \* \* \***

**Body temperature: 36.5 C**

**Adult normal forehead**

**temperature: 36.0 - 37 C**

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