

Elements of Lifestyle

Appetite

Carb	Veggies/Fruit	Sweet	Salt	Oil	Junk food
👎	👎	👎	👎	👎	👎

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
👎	👍	👎	👍

Substance

Smoking	Tobacco	Alcohol	Other Abuse
👎	👎	👎	👎

Body Mass Index



Ugh! You are underweight. Your BMI score is very less than the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.03 it should be below 1.0 and waist size to 28 inches



Weight



Ugh! You are underweight. Your current weight kgs is less than the target range -5-0 Kgs



Disease Specific Risks0

Moderate Risk

Thyroid disease

Breast Cancer

Cervical Cancer

Guidelines