











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 35 inches



Weight



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





Disease Specific Risks0

Guidelines