







Elements of Lifestyle


Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index



Congratulations! You are normal. Your BMI score 23.39 is within the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.20 it should be below 1.0 and waist size to 35 inches



Weight



Congratulations! You have normal weight. Your current weight 70 kgs is within range of 70-75 Kgs





Disease Specific Risks

Guidelines

Expert Notes