

Elements of Lifestyle
Appetite

Oil



Sweet



Veggies/Fruit



Carb



Salt



Junk food


Lifestyle

Lifestyle



Exercise



Sleep



Meditation


Substance

Alcohol



Tobacco



Smoking



Other Abuse


Body Mass Index


Ugh! You are underweight. Your BMI score 0.00 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 NaN 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 55-60 Kgs



Disease Specific Risks

Moderate Risk Areas

Thyroid disease

Obstructive sleep apnea

Obesity