





Elements of Lifestyle


Appetite

| | | | | | |
|---|---|---|---|---|---|
| Carb | Salt | Veggies/Fruit | Junk | Oil | Sweet |
|  |  |  |  |  |  |

Lifestyle

| | | | |
|---|---|---|---|
| Sleep | Exercise | Lifestyle | Meditation |
|  |  |  |  |

Substance

| | | | |
|---|---|---|---|
| Smoking | Tobacco | Alcohol | Other |
|  |  |  |  |

Body Mass Index



Ugh! You are underweight. Your BMI score 20.76 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 1.05 it should be below 1.0 and waist size to 35 inches



Weight



Ugh! You are underweight. Your current weight 60 kgs is less than the target range 67-72 Kgs





Disease Specific Risks

Guidelines

Expert Notes