






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 22.68 is within the target range 21-24.9.


Hip Waist Ratio


Congratulations! You are normal. Your HW ratio is 0.73


Weight


Congratulations! You have normal weight. Your current weight 64 kgs is within range of 65-70 Kgs





Disease Specific Risks

Guidelines

Expert Notes