







### 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 19.92 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 1.13 it should be below 1.0 and waist size to 35 inches



### Weight



Ugh! You are underweight. Your current weight 61 kgs is less than the target range 71-76 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**