

**Elements of Lifestyle**
**Appetite**

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड


**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान


**Substance**

धुम्रपान



तंबाखू



दारू



इतर


**Body Mass Index**


Congratulations! You are normal. Your BMI score 23.93 is within the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.14 it should be below 1.0 and waist size to 28 inches


**Weight**


Congratulations! You have normal weight. Your current weight 57.5 kgs is within range of 55-60 Kgs.





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**