






**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 21.30 is within the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.25 it should be below 1.0 and waist size to 28 inches


**Weight**


Congratulations! You have normal weight. Your current weight 58 kgs is within range of 63-68 Kgs.





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**