

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 23.18 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 35 inches



Weight



Congratulations! You have normal weight. Your current weight 67 kgs is within range of 67-72 Kgs





Disease Specific Risks

Guidelines

Expert Notes