

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

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

**Lifestyle**

झोप	व्यायाम	जीवनशैली	ध्यान
			

**Substance**

धुम्रपान	तंबाखू	दारू	इतर
			

**Body Mass Index**

Ugh! You are underweight. Your BMI score 20.90 is very less than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.81

**Weight**

Ugh! You are underweight. Your current weight 70 kgs is less than the target range 78-83 Kgs





## Disease Specific Risks

**Guidelines**

**Expert Notes**