







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 23.56 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.12 it should be below 1.0 and waist size to 28 inches


Weight


Congratulations! You have normal weight. Your current weight 53 kgs is within range of 51-56 Kgs.





Disease Specific Risks

Guidelines

Expert Notes