

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

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.31

**Weight**

Congratulations! You have normal weight. Your current weight 48 kgs is within range of 45-50 Kgs.





## Disease Specific Risks

**Guidelines**

**Expert Notes**