







Elements of Lifestyle**Appetite**

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

Lifestyle

झोप	व्यायाम	जीवनशैली	ध्यान
			

Substance

धुम्रपान	तंबाखू	दारू	इतर
			

Body Mass Index

Oops! You are overweight! Your BMI score 25.68 is higher than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.71

**Weight**

Oops! Your weight is higher than normal! Your current weight 86 Kgs is higher than the target range 78-83 Kgs





Disease Specific Risks

Guidelines

Expert Notes