







### 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 24.49 is within the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.19 it should be below 1.0 and waist size to 35 inches



### Weight



Congratulations! You have normal weight. Your current weight 75 kgs is within range of 71-76 Kgs





## Disease Specific Risks

**Guidelines**

**Expert Notes**