







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 24.22 is within the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.88

**Weight**

Congratulations! You have normal weight. Your current weight 62 kgs is within range of 59-64 Kgs





Disease Specific Risks

Guidelines

Expert Notes