







Elements of Lifestyle
Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index


Oops! You are overweight! Your BMI score 25.86 is higher than the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 3.13 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 73 is higher than the target range 65-70 Kgs





Disease Specific Risks

Guidelines

Expert Notes