







**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 28.40 is higher than the target range 21-24.9.


**Hip Waist Ratio**


Congratulations! You are normal. Your HW ratio is 0.98


**Weight**


Oops! Your weight is higher than normal! Your current weight 70 Kgs is higher than the target range 56-61 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**