








Elements of Lifestyle
Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index


Ugh! You are underweight. Your BMI score 20.31 is very less than the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.10 it should be below 1.0 and waist size to 28 inches


Weight


Ugh! You are underweight. Your current weight 52 kgs is less than the target range 59-64 Kgs





Disease Specific Risks

Guidelines

Expert Notes