








**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 16.41 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 1.11 it should be below 1.0 and waist size to 35 inches


**Weight**


Ugh! You are underweight. Your current weight 42 kgs is less than the target range 59-64 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**