

**Elements of Lifestyle**
**Appetite**

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| कर्बो   | मीठ   | भाज्या/फळे  | जंक   | तेल   | गोड   |
|  |  |  |  |  |  |

**Lifestyle**

|   |   |   |   |
|---|---|---|---|
| झोप   | व्यायाम   | जीवनशैली  | ध्यान   |
|  |  |  |  |

**Substance**

|   |   |   |   |
|---|---|---|---|
| धुम्रपान  | तंबाखू  | दारू  | इतर   |
|  |  |  |  |

**Body Mass Index**


Argh! You are obese. Your BMI score 30.49 is very high than the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.08 it should be below 1.0 and waist size to 35 inches


**Weight**


Argh! Your weight is very high. Your current weight 81 kgs is very high than the target range 61-66 Kgs.





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**