

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

कर्बो



मीठ



भाज्या/फळे



जंक



तेल



गोड

**Lifestyle**

झोप



व्यायाम



जीवनशैली



ध्यान

**Substance**

धुम्रपान



तंबाखू



दारू



इतर

**Body Mass Index**

Ugh! You are underweight. Your BMI score 20.86 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 35 inches

**Weight**

Ugh! You are underweight. Your current weight 56.8 kgs is less than the target range 63-68 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**