

Elements of Lifestyle**Appetite**

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

Lifestyle

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

Substance

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

Body Mass Index

Oops! You are overweight! Your BMI score 26.28 is higher than the target range 21-24.9.

**Hip Waist Ratio**

Congratulations! You are normal. Your HW ratio is 0.93

**Weight**

Oops! Your weight is higher than normal! Your current weight 53 is higher than the target range 45-50 Kgs





Disease Specific Risks

Guidelines

Expert Notes