


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 20.76 is very less than the target range 21-24.9.


Hip Waist Ratio


Congratulations! You are normal. Your HW ratio is 0.89


Weight


Ugh! You are underweight. Your current weight 60 kgs is less than the target range 67-72 Kgs





Disease Specific Risks

Guidelines

Expert Notes