

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

कर्बो	मीठ	भाज्या/फळे	जंक	तेल	गोड
					

**Lifestyle**

झोप	व्यायाम	जीवनशैली	ध्यान
			

**Substance**

धुम्रपान	तंबाखू	दारू	इतर
			

**Body Mass Index**

Congratulations! You are normal. Your BMI score 23.04 is within the target range 21-24.9.

**Hip Waist Ratio**

Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.27 it should be below 1.0 and waist size to 35 inches

**Weight**

Congratulations! You have normal weight. Your current weight 73 kgs is within range of 74-79 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**