

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 22.60 is within the target range 21-24.9.


Hip Waist Ratio


Congratulations! You are normal. Your HW ratio is 0.80


Weight


Congratulations! You have normal weight. Your current weight 55.7 kgs is within range of 56-61 Kgs.





Disease Specific Risks

Guidelines

Expert Notes