

**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 19.95 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 1.25 it should be below 1.0 and waist size to 28 inches


**Weight**


Ugh! You are underweight. Your current weight 53 kgs is less than the target range 61-66 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**