

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

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet


**Lifestyle**

Sleep



Exercise



Lifestyle



Meditation


**Substance**

Smoking



Tobacco



Alcohol



Other


**Body Mass Index**


Congratulations! You are normal. Your BMI score 23.88 is within the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.10 it should be below 1.0 and waist size to 35 inches


**Weight**


Congratulations! You have normal weight. Your current weight 65 kgs is within range of 63-68 Kgs





## **Disease Specific Risks**

**Guidelines**

**Expert Notes**