

About us

Healthy Lifestyle is a tool that enables you to measure your health. As the name implies, it is meant to encourage good health behaviors. You can use its various products to check your current health or check your progress. For more information visit our about section on the navigation bar above.

Welcome to Healthy Lifestyle

Username:

Sign In

Password:

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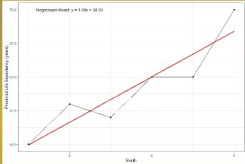
Contact

Welcome back, [name]!

Your last stress score was 25. Take it again to see how you've improved!

Your last BMI was 23.7

Your life expectancy graph. Take our age predictor text periodically to see how you're trending.



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Products

BMI Calculator

Calculate your BMI by telling us your height and weight

Stress

Want to see how stressed you are? Click the link

Age Predictor

Want to know a rough estimate of your age, click the link

If you experience any difficulties with website CONTACT:

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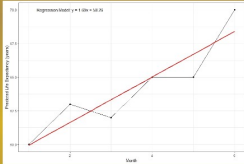
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Mobile (navbar flex wraps, and increases in height, items in header are arranged by column, graph given its own line, width for text shrinks)

Welcome to Age Predictor

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Predict your age

How would you describe your level of stress?

☐ No stress

☐ A little stressed

☐ Moderate amount of stress

☐ Very stressed

What is your sex?

☐ Female

☐ Male

☐ Neither / Prefer not to say

How old are you?  years

How often do you consume alcohol?

☐ I don't drink alcoholic beverages

☐ Once a week

☐ Every few days

☐ Every day

See Results

You have approximately 16 years to live.

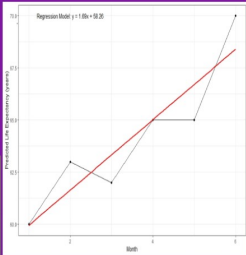
Your predicted life expectancy has increased by 7.7%, or 3 years.

According to our linear regression model, your life expectancy is increasing by roughly 1 year and 8 months per month.

Clearly the effort you are putting into improving your lifestyle is paying off. Keep it up!

To improve, consider the following:  
1. Lower your alcohol intake  
2. Take measures to decrease your stress

Regression Model:  $y = 1.08x + 58.26$



If you experience any difficulties with website CONTACT:

Azain

Justin

Mobile layout (move the graph below the explanatory text)

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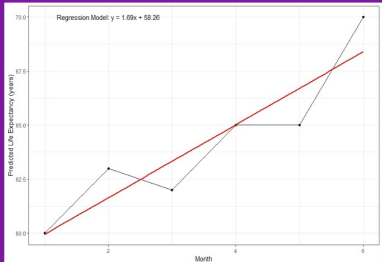
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☐ Very often

☐ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

☐ Never

☐ Almost never

☐ Sometimes

☐ Fairly often

☐ Very often

See Results


Your stress level is moderate

Your stress levels are normal, but not ideal. You've done a good job managing your stress, but consider ways you can adjust your workload. Also consider how others may help reduce your stress.

Your stress levels have decreased by 16.6% since you last took this test (prev. score of 30).

Your stress levels have changed from severe to moderate. Excellent job! Keep up the good work.

25



If you experience any difficulties with website CONTACT:

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Mobile Layout (move bar below text)

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