

Shreesha's Health Report

Name: Shreesha

ID: MFSH93

Gender: Male

DOB: 07/01/1993

HEALTH SCORE

98

Dear Shreesha,

Metflux is pleased to provide you with your personalized overall Health Report designed to help you discover a healthier and better you, by providing recommendations to your daily diet based on cutting-edge technology developed by our team.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices and enjoy life keeping your body at its prime and we can help you get there!!

Current Health Status

BODY WEIGHT

70 KG

Body Weight

Body weight is the measurement of weight without items located on the person and any Excess or reduction in the body weight is regarded as an indicator of determining a person's health.

HEIGHT

167 CM

You are taller than the average Indian male

BODY MASS INDEX

24 KG/M²

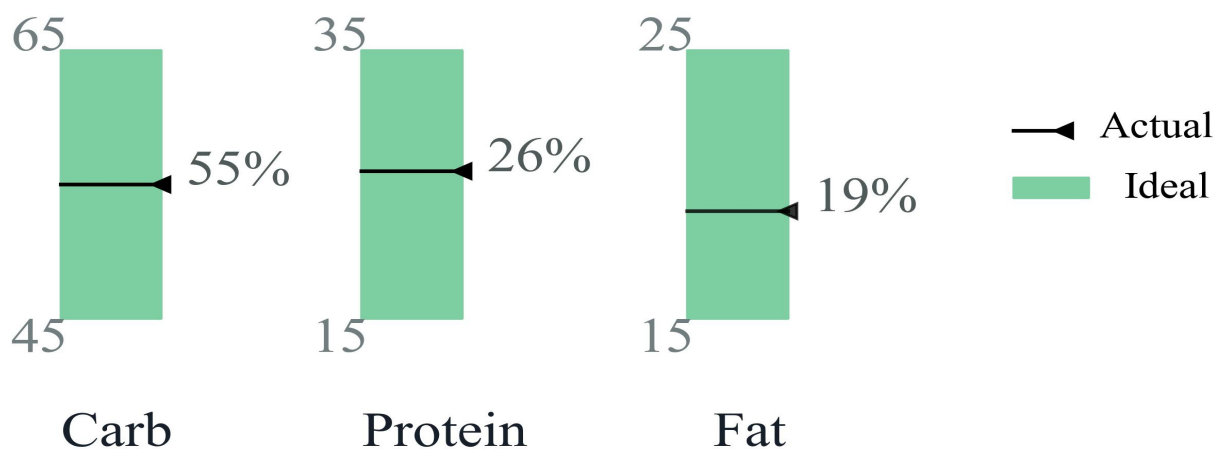
The BMI is an attempt to quantify the amount of tissue mass in an individual, and then categorize that person as underweight, normal weight, or obese based on that value.

BODY FAT

28 %

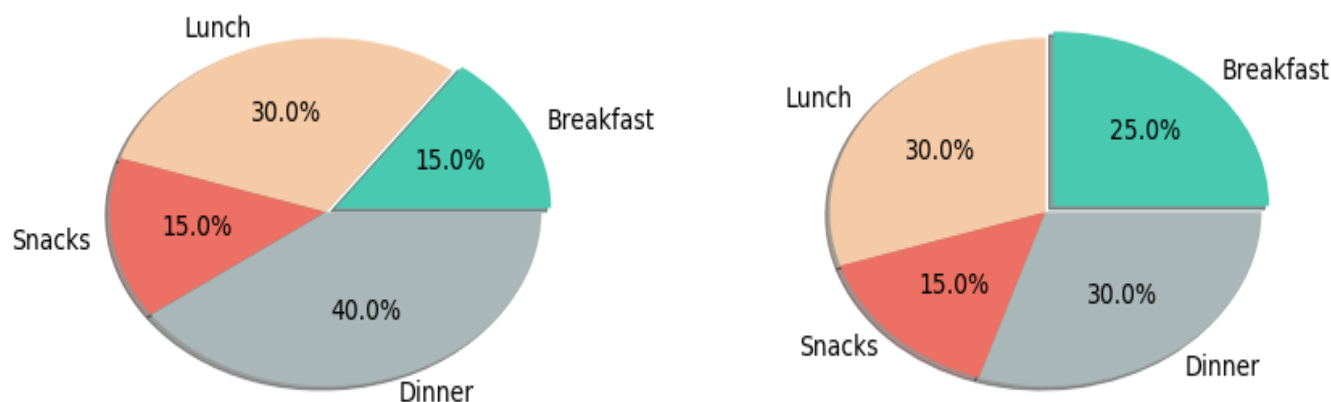
The BPF is considered as a fitness level measure as only body measurement calculates a person's relative body composition without regard to either height or body.

WHAT YOU EAT



Macronutrients, namely Carbohydrates, Proteins & Fats, are consumed in large quantities and provide humans with bulk of energy. A healthy diet includes a balance of protein, carbohydrates and fats and Reducing or increasing any one of these nutrients can have major consequences on the body. Your current macronutrient intake is in the healthy range. Keep the good habit on!. You can add some fibrous food items in you diet such as banana/orange

WHEN YOU EAT



Taking the right balance of nutritious food as just as important as Taking the right amount of food at the right time. You have most of the food at your dinner time. Please make a habit of eating as much as you can in your breakfast. This will help you feel energetic through out the day and maintain your body weight.

Doctor's Comment:-

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[illegible][illegible]

1603 KCAL/D

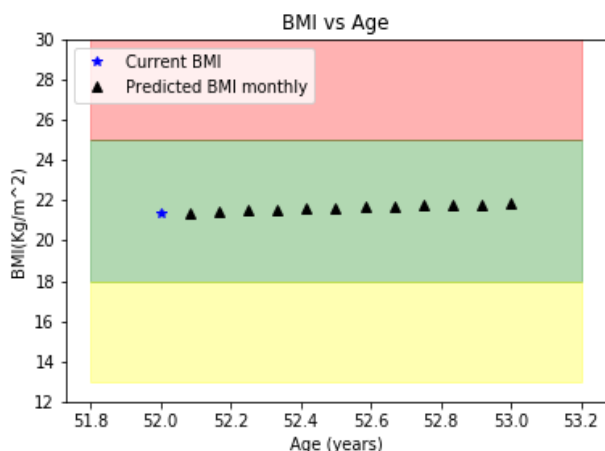
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200 KCAL/D

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120 KCAL/D

HEALTH PREDICTIONS

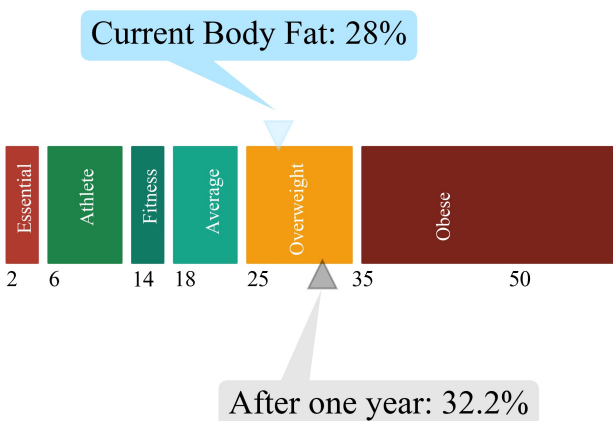
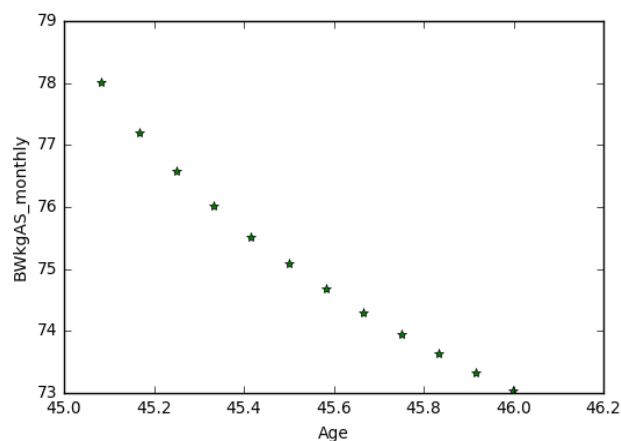


BMI Prediction Graph

The BMI is an attempt to quantify the amount of tissue mass (muscle, fat, and bone) in an individual, and then categorize that person as underweight, normal weight, overweight, or obese based on that value. A healthy BMI is between 18.5 and 23. BMI is calculated by dividing your weight by the square of your height

Body Weight Dynamics

Body weight is the measurement of weight without items located on the person and any Excess or reduction in the body weight is regarded as an indicator of determining a person's health, with body volume measurement providing an extra dimension by calculating the distribution of body weight.



Body Fat Percentage(BFP)

The body fat percentage (BFP) is the total mass of fat divided by total body mass where in body fat includes essential body fat and storage body fat. The BFP is considered as a fitness level measure as only body measurement calculates a person's relative body composition without regard to either height or body.

Doctor's Comment:-

