

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

sdasdasdasdasdasdasdsdasdsdasdsdsc HEIGHT
fsffffffffssssssdfsd sdfsdasdsd

70 KG

167 CM

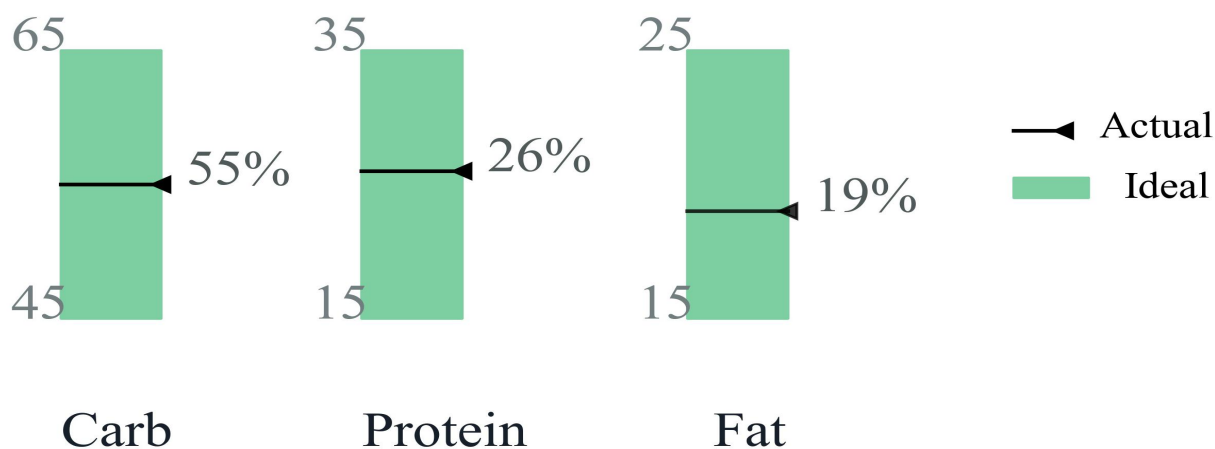
BODY MASS INDEX

24 KG/M²

BODY FAT

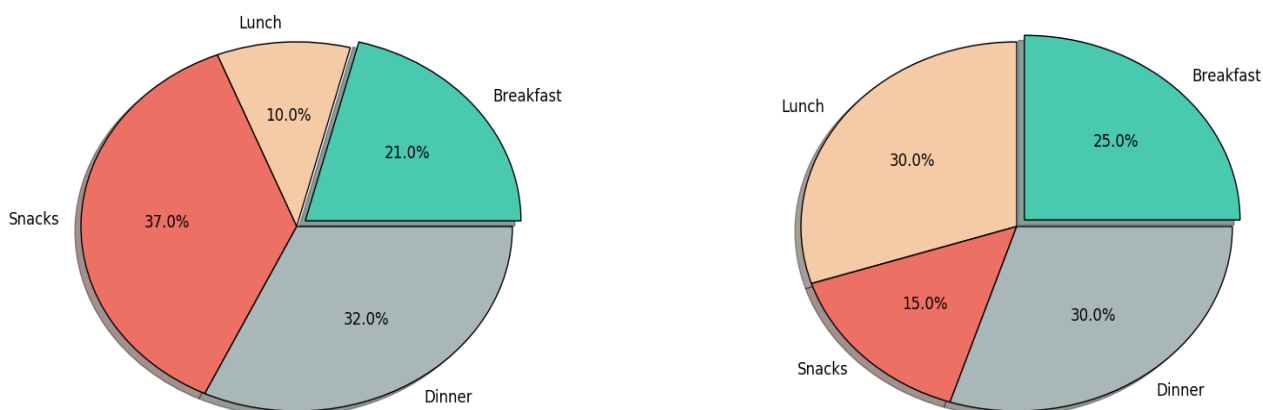
28 %

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



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:-

PHYSICAL ACTIVITY/ENERGY EXPENDITURE DETAILS

BASAL METABOLIC RATE

1603_{KCAL/D}

DAILY EXERCISE

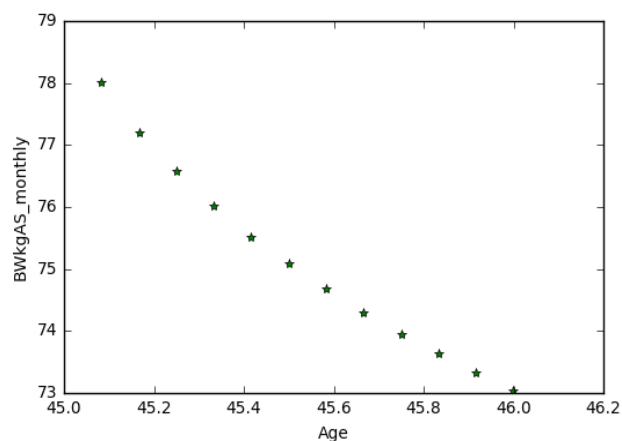
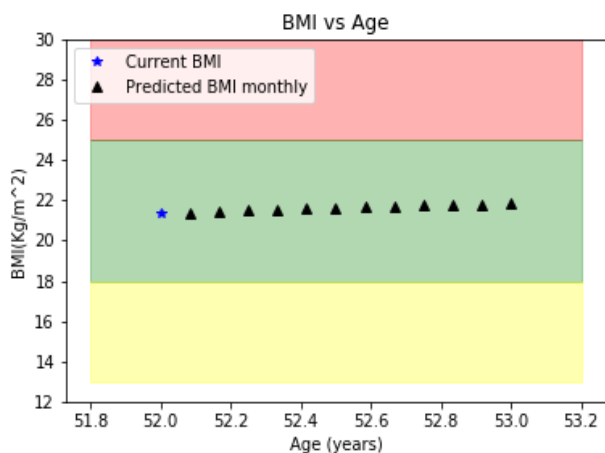
200_{KCAL/D}

ENERGY EXCESS

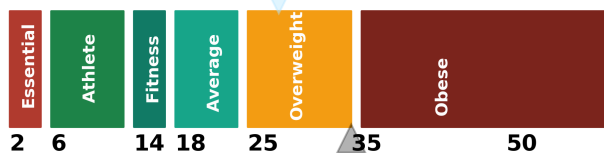
120_{KCAL/D}

Doctor's Comment:-

HEALTH PREDICTIONS



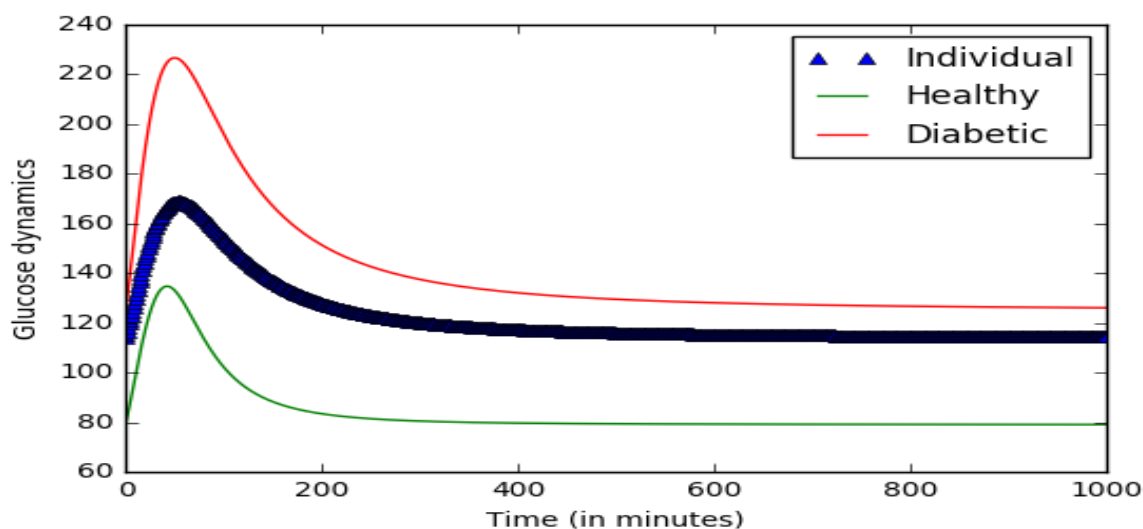
Current Body Fat: 28%



After one year: 35%

Doctor's Comment:-

HEALTH PREDICTIONS



DIABETES RISK

36%

HEART RISK

17%

Doctor's Comment:-
