

## Shreesha's Health Report

Name: Shreesha

ID: MFSH93

Gender: Male

DOB: 07/01/1993

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<sub>KG</sub>

HEIGHT

167<sub>CM</sub>

BODY MASS INDEX

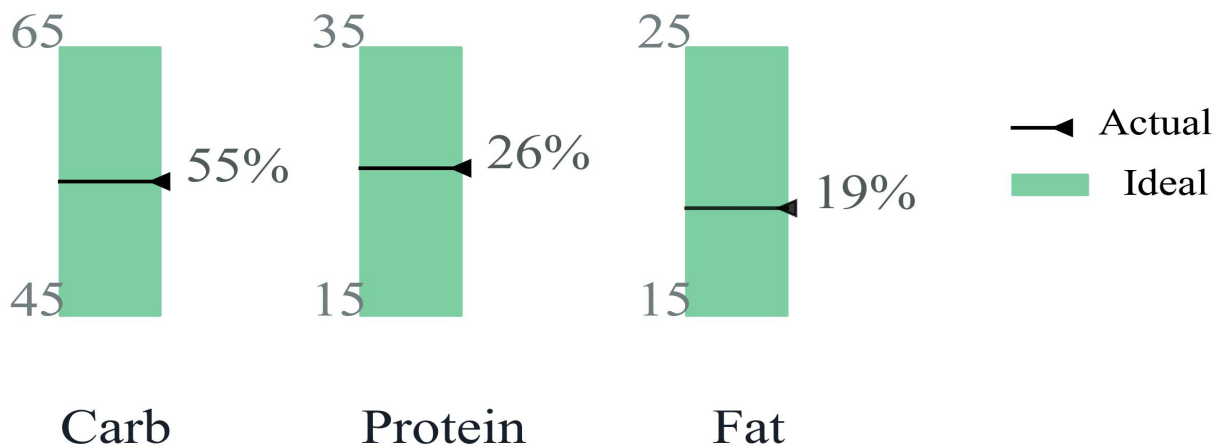
24<sub>KG/M<sup>2</sup></sub>

BODY FAT

28<sub>%</sub>

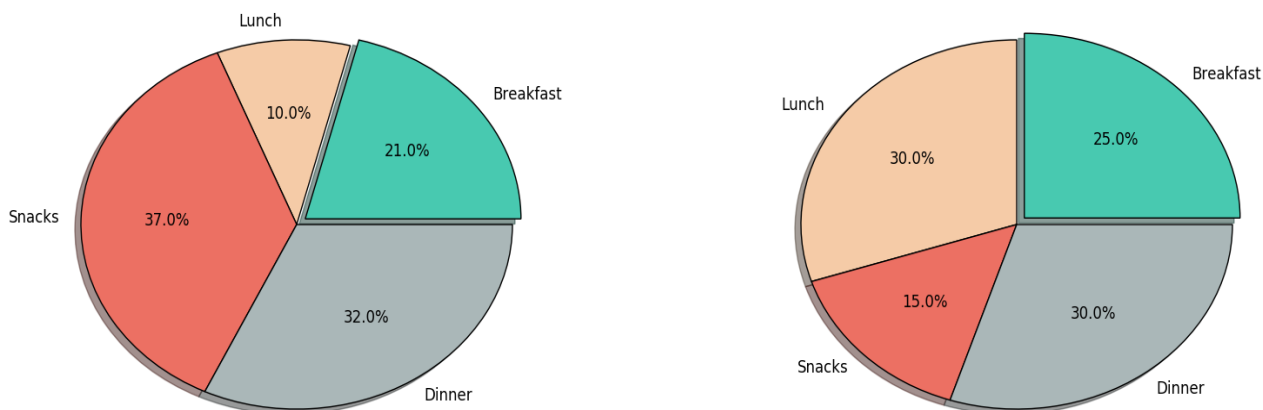
## Shreesha's Health Report

### WHAT YOU EAT



Your macronutrient intake is in 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:-

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## PHYSICAL ACTIVITY/ENERGY EXPENDITURE DETAILS

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BASAL METABOLIC RATE

1603 KCAL/D

DAILY EXERCISE

200 KCAL/D

ENERGY EXCESS

120 KCAL/D

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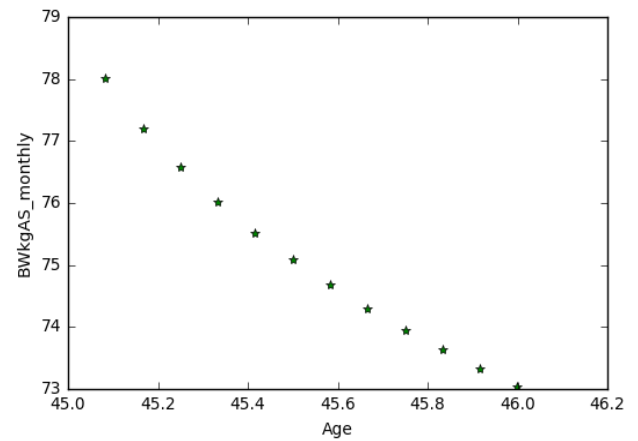
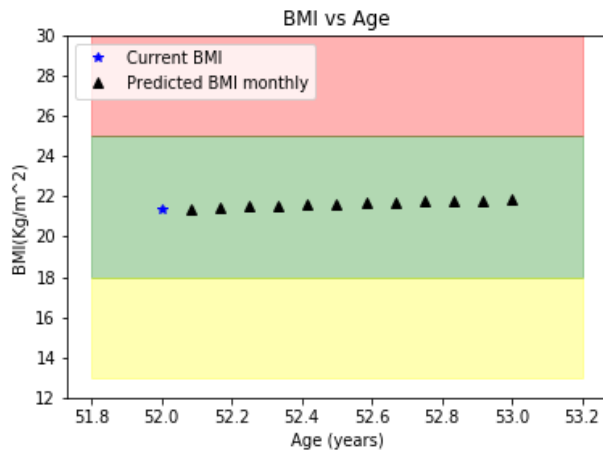
Doctor's Comment:-

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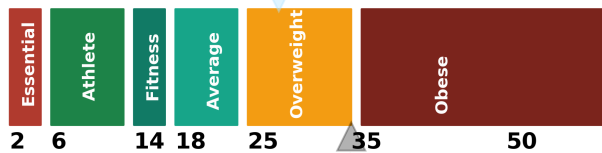
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## Shreesha's Health Report

### HEALTH PREDICTIONS



Current Body Fat: 28%



After one year: 35%

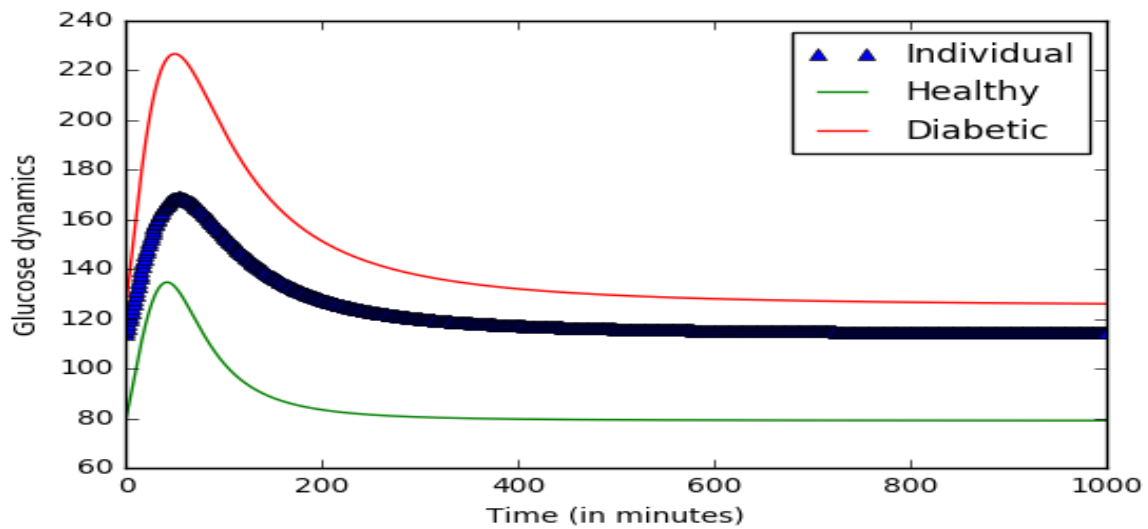
Doctor's Comment:-

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## HEALTH PREDICTIONS



DIABETES RISK

36%

HEART RISK

17%

Doctor's Comment:-

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