

Health & Fitness Assessment

Session ID: session_001

Generated on: 9/21/2025

Overall Health Score

80%

Classification: good

Key Body Vitals

Heart Rate: 75 bpm

Blood Pressure: 124/82 mmHg

Heart Health

Wellness Score: 84

Stress Level

Stress Index: 1.4

Fitness Levels

Cardiovascular Endurance: N/A seconds

Posture

Frontal body view

Score: 75%

Side body view

Score: 70%

Body Composition

BMI: 33.145 (obese)

Body Fat: 29.754%
