

# HEALTH DASHBOARD

## Personal Information

Name: akshar	Email: aksharpatel1913@gmail.com	Phone: 917405551913
Gender: Male	Age: 29	

## Medical Conditions

Physical Problem: No
Existing Medical Condition: No
Current Medication/Supplementation: No
Family Health History: No
Food Allergies: No

## Fitness Goals

Fitness Goal: Muscle Gain	Fitness Level: General Fitness	Type of Diet: Sports Diet
Life Stage:	Target Weight: 90	

## Dietary Preferences

Food Preference: Non-Veg. Diet	Fasting Preference: No
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## Body Composition

BMI: 27.1	IBW: 88.6 kg / 195.4 lbs	BMR: 2109.2	Activity: Lightly Active(1-3 Days/Week)	TDEE: 2900.15
Body Fat %: 0.291844660194175	LBM: 0.708155339805825	WHR: 0.96		

## Macro Nutrients

Protein (g): 145.01	Carbs (g): 362.52	Fats (g): 96.67	Fibers (g): 38g
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## Micronutrients (Fat-Soluble)

Vitamin A: 1000µg	Vitamin D: 20µg	Vitamin E: 18mg	Vitamin K: 140µg
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## Micronutrients (Water-Soluble)

Vitamin C: 110mg	Vitamin B1: 1.5mg	Vitamin B2: 1.6mg	Vitamin B3: 18mg	Vitamin B5: 7mg
Vitamin B6: 1.7mg	Vitamin B7: 40µg	Vitamin B9: 450µg	Vitamin B12: 3µg	

## Essential Nutrients

Choline (g): 550 mg	Lutein+Zeaxanthin (g): 6–10 mg	Sodium/Potassium Ratio: 0.5	Caffeine (g): 400 mg/day	GI/GL Ratio: GI ≤55 & GL ≤10 per serving
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## Health Summary

BMI Category: 3.Overweight	Health Risk Tag: Enhanced Risk	Suggestions: Reduce Weight
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