

# Health & Fitness Assessment

Comprehensive health and fitness evaluation

SESSION ID

session\_001

ASSESSMENT ID

as\_hr\_02

GENERATED ON

9/24/2025

## Overview

Overall Health Score

80.0 % (Good)

Assessment Type

as\_hr\_02

## Key Body Vitals

Heart Rate

75.0 bpm

Blood Pressure (Systolic)

124.0 mmHg

Blood Pressure (Diastolic)

82.0 mmHg

## Body Composition

BMI

33.145 kg/m<sup>2</sup>

Body Fat Percentage

29.754 %

Report generated by Assessment Management System

Generated on 9/24/2025, 4:05:24 PM