

# ■ Health Report: SREEMA

Date: 2025-12-18

**BMI: 23.44 | Status: Normal**

## Diet Suggestions:

FOOD TO MAINTAIN WEIGHT:

- Balanced meals
- Fruits & vegetables
- Adequate protein

## Exercise Suggestions:

EXERCISE:

- Walking / jogging
- Yoga or stretching

## ■ Logged Metrics:

2025-12-18 | Water | 515.0

2025-12-18 | Sleep | 4.0

2025-12-18 | Exercise | 0.0

2025-12-18 | Water | 1000.0

2025-12-18 | Sleep | 8.0

2025-12-18 | Exercise | 20.0