



PAGES NAVIGATION

Overview

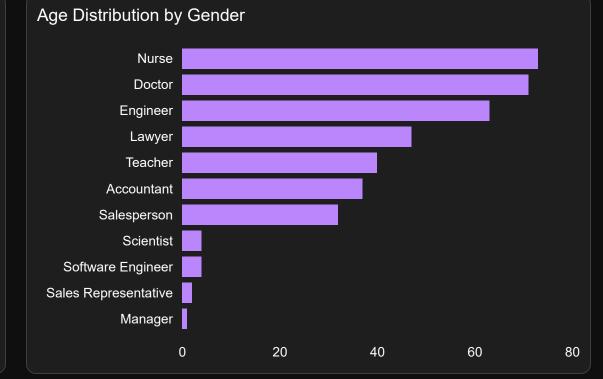
How about you?

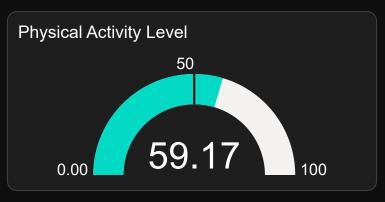
DESCRIPTION

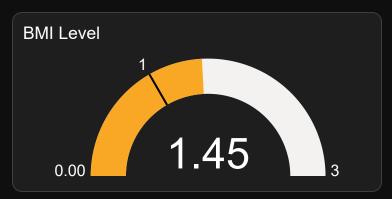
- This report will provide you with a clear overview of the survey participants and key lifestyle KPIs.
- It establishes the baseline demographics and health metrics, guiding you toward the deeper analyses on obesity and stress in the following pages.

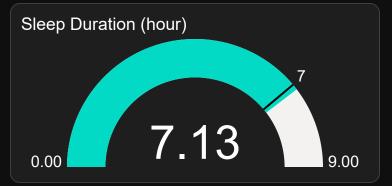


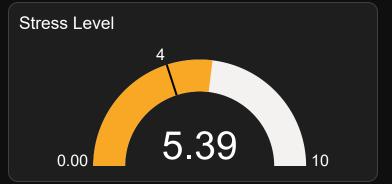


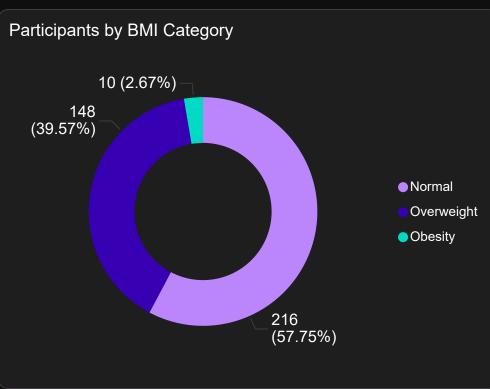


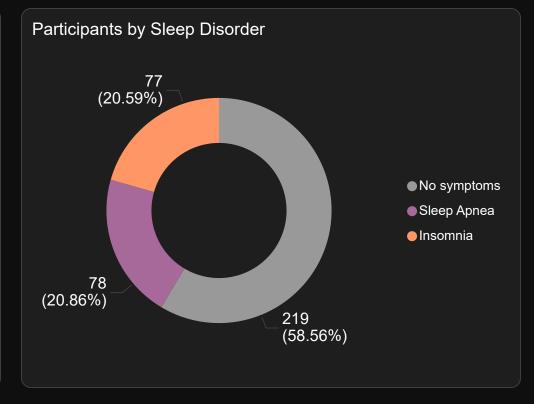


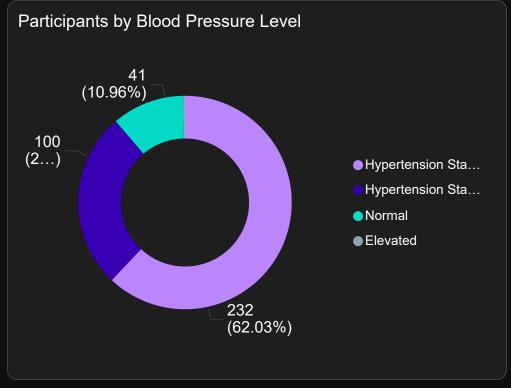


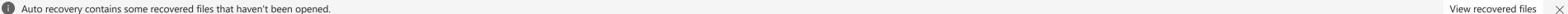














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Overview

How about you?

DESCRIPTION

- This page allows you to explore your own health profile.
- By entering your personal information, you can calculate your Body Mass Index (BMI) and estimate your stress level.
- It provides an interactive way to compare your results with the survey population, helping you reflect on how lifestyle factors may influence your well-being.

PLEASE PROVIDE US SOME INFORMATION OF YOURSELF;)))

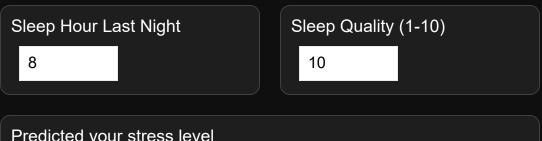
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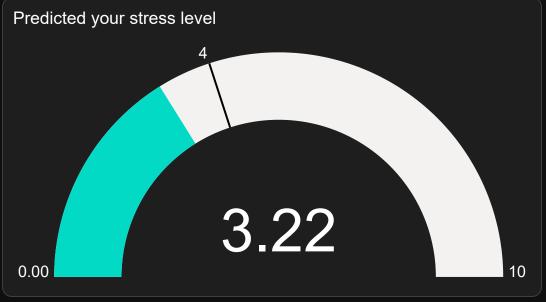
Your Weight (kg)		Your Height (m)		
65		1.75		



You are totally fine ;)) Keep trying

HOW ABOUT YOUR SLEEP?





- We evaluate your stress level based on your **Age, BMI, Total Sleep Hours, and Sleep Quality**.
- Please note that this result is **for reference only** and should not be considered a medical diagnosis.
- If you have concerns about your stress level or overall health, we recommend consulting with a qualified healthcare professional for proper advice and support.