





PAGES NAVIGATION

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 ;)))

Gender

Male

Your Age

27

Your Weight (kg)

65

Your Height (m)

1.75



You are totally fine ;) Keep trying

HOW ABOUT YOUR SLEEP?

Sleep Hour Last Night

8

Sleep Quality (1-10)

10

Predicted your stress level



- 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.