

# Health & Fitness Assessment Report

Comprehensive Health Assessment Report

Overall Score: 80%

SESSION ID

session\_001

ASSESSMENT TYPE

as\_hr\_02

PATIENT GENDER

male

AGE

26

HEIGHT

183 cm

WEIGHT

111 kg

BMI

33.145

ASSESSMENT DATE

27/2/2025



## Overall Health Score

Overall Accuracy Score

80.0%

Wellness Score

84 points



## Key Body Vitals

Heart Rate

**75 bpm**

Blood Pressure (Systolic)

**124 mmHg**

Blood Pressure (Diastolic)

**82 mmHg**



## Body Composition

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Body Mass Index (BMI)

**33.145**

Body Fat Percentage

**29.754 %**



## Fitness Levels

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VO2 Max

**79.83**

## HealthPro Analytics

This report was generated automatically by our assessment system.  
For any questions, please contact our support team.

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