## **Health & Fitness Assessment**

Session ID: session 001

Generated on: 25/9/2025, 4:33:46 pm

## **Overall Health Score**

Overall Health Score

80 %

## **Key Body Vitals**

**Heart Rate** 

**75** bpm

**Blood Pressure Systolic** 

**124** mmHg

**Blood Pressure Diastolic** 

**82** mmHg

Oxygen Saturation

96 %

Respiratory Rate

21 breaths/min

## **Heart Health**

Normal

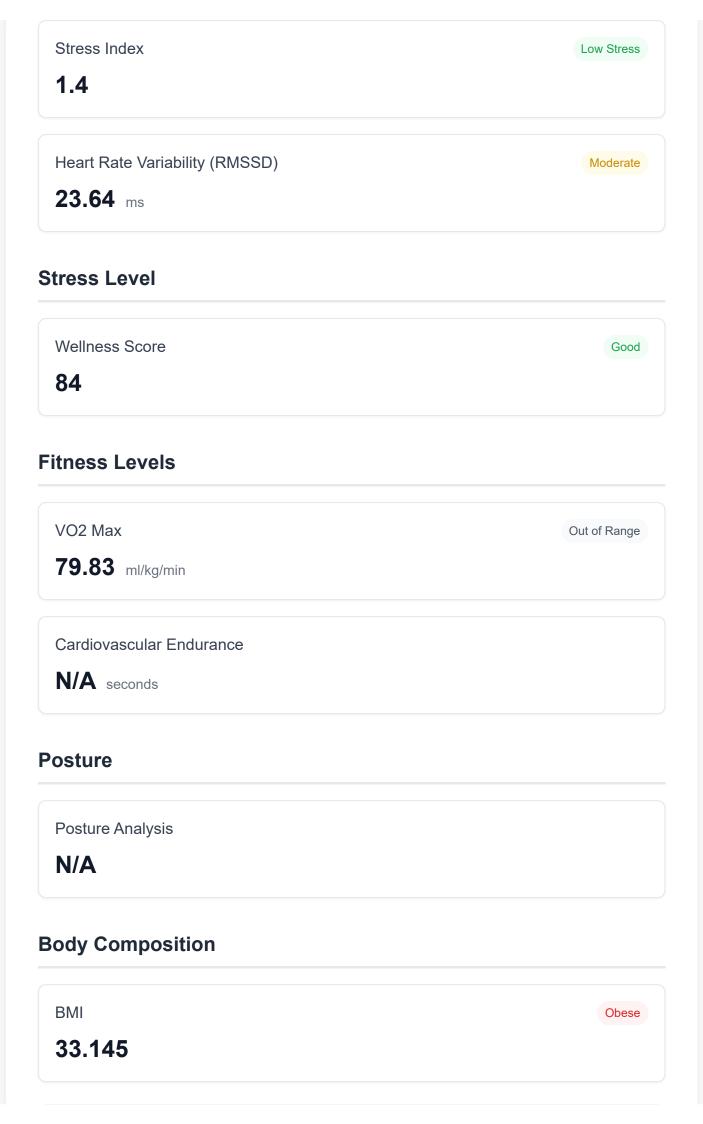
Good

Elevated

Elevated

Normal

Elevated



Body Fat Percentage

High

29.754 %

Assessment Management System - Confidential Report