Health & Fitness Assessment

Session ID: session_001

Generated on: 25/9/2025, 3:52:17 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

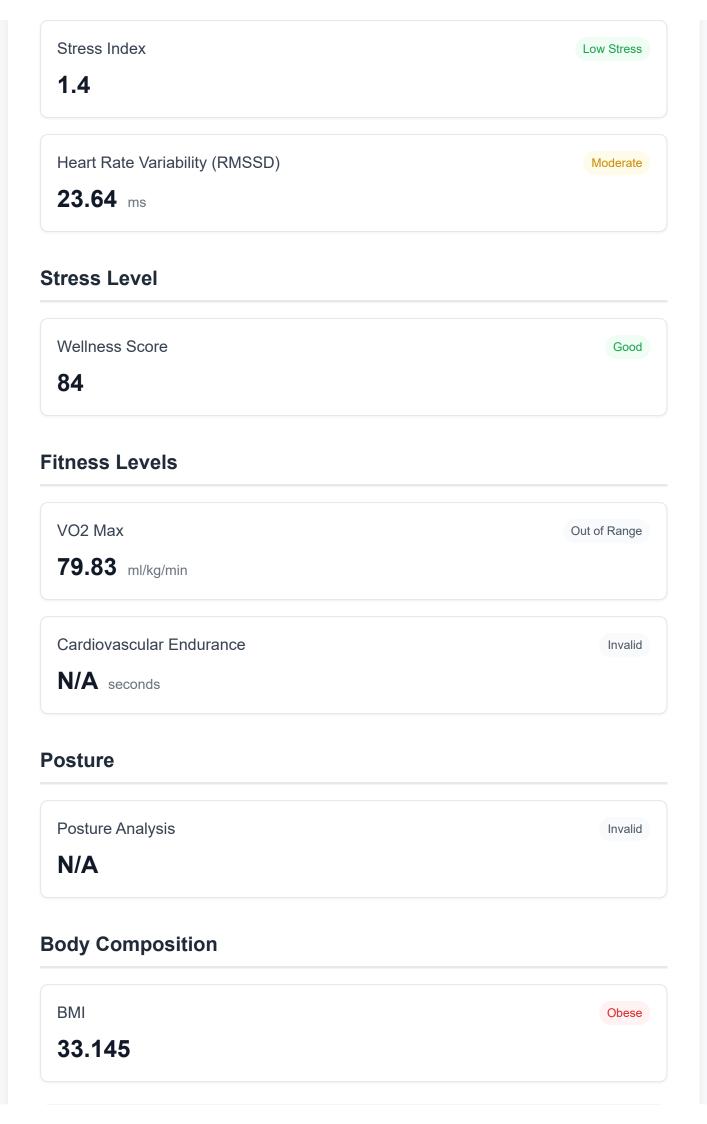
Good

Elevated

Elevated

Normal

Elevated



Body Fat Percentage

High

29.754 %

Assessment Management System - Confidential Report