

## Auto Report for as\_hr\_02

### Auto Section

Session Id:	session_001
Accuracy:	80
AssessmentResultId:	-OK76ANqAq9pvKSI3ZoN
Assessment Id:	as_hr_02
AGR:	1.687
Age:	43
BFC:	29.754
BMI:	33.145
BMR:	2054.217
FM:	33.027
FMI:	9.862
HeightM:	184.091
LM:	77.973
LMI:	23.283
M Age:	48
WHGR:	0.564
WHR:	0.926
AnalysisList:	Head leans slightly forward.,Spine shows slight curvature at neck.,Hips aligned over ankles correctly.,Knees are slightly bent, affecting stance.
AnalysisScore:	70
AssignReps:	45
CorrectReps:	42
Id:	259
Name:	Squat
FieldName:	reps
FieldText:	Reps

FieldUnit:	reps
FieldValue:	42
ShouldDisplay:	true
IncorrectReps:	0
IsSkipped:	false
Time:	90
TotalReps:	42
Side:	left
TipsList:	Engage in neck strengthening exercises.,Consciously practice standing with straight knees.
TotalSets:	1
VariationId:	
VariationName:	
FinalPainScore:	pending
Gender:	male
Height:	183.0
InitialPainScore:	0
InitialVAS:	0
IsLandmarksUploaded:	false
LaterPainScore:	pending
TimeElapsed:	193
Timestamp:	1740671597044
Api Key:	CNCPg45zbVxGIB7r74xb
Employee Id:	SCAN_USER
Entry Time:	2025-02-27 15:53:11.840940+00:00
Health Risk Score:	16
Cardiac Out:	6.3
Map:	96
Prq:	3.57
Fps:	114

Diabetes Control Score:	57.5
Hba1c:	5.2
Status:	beta
HRMax:	191
HRR:	116
THRR:	145 - 191
Heart Utilized:	40
PNN50 Per:	47.37
Rmssd:	23.64
Sdnn:	45.88
Stress Index:	1.4
HighZoneRange:	94
LowZoneRange:	--
Zone:	Rest
Bloodvolume:	6354.9
Bmi:	33.15
Bodyfat:	33.36
Cal Carb:	93.51
Cal Fat:	6.49
Dob:	1999-06-05
Intensity:	Hard
Tbw:	57.13
Tbwp:	51.47
Vo2max:	79.83
Weight:	111
Posture:	exercising
Scan Completion Time:	2025-02-27T15:53:16.002564+00:00
Scan Id:	069da947-4efd-4c31-8169-c02e4de8f639
StatusCode:	200

Bp Dia:	82
Bp Sys:	124
Heart Rate:	75
Oxy Sat Prcnt:	96
Resp Rate:	21
Wellness Score:	84