

# Report - as\_card\_01

Session ID: session\_002  
Generated: 23/9/2025, 9:23:47 pm

## Key Body Vitals

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Overall Health Score: 17  
Heart Rate: 66  
BP Systolic: 110

## Cardiovascular Endurance

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Jog Test Time: 47

## Body Composition

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BMI: 9.51