

Report - as_hr_02

Session ID: session_001
Generated: 23/9/2025, 9:03:29 pm

Key Body Vitals

Overall Health Score: 80
Heart Rate: 75
BP Systolic: 124
BP Diastolic: 82
BMI: 33.145 (Obese)

Fitness Levels

Jog Test Time: 61

Body Composition

Fat Mass: 33.027
Lean Mass: 77.973