

# Report - as\_hr\_02

Session ID: session\_001  
Generated: 23/9/2025, 9:38:24 pm

## Key Body Vitals

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

## Fitness Levels

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**Jog Test Time:** 61

## Body Composition

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**Fat Mass:** 33.027  
**Lean Mass:** 77.973