

# Assessment Report

Session ID: session\_001

Assessment Type: as\_hr\_02

## Key Body Vitals

Field	Value	Unit	Classification
Heart Rate	75	bpm	Normal
Blood Pressure Systolic	124	mmHg	Elevated
Blood Pressure Diastolic	82	mmHg	Elevated

## Heart Health

Field	Value	Unit	Classification
VO2 Max	79.83		N/A

## Stress Level

Field	Value	Unit	Classification
Stress Index	1.4		N/A

## Fitness Levels

Field	Value	Unit	Classification
Cardiovascular Endurance	61	seconds	N/A

## Posture

Field	Value	Unit	Classification
Posture Status	exercising		N/A

## Body Composition

Field	Value	Unit	Classification
BMI	33.145		Obese
Body Fat	33.36	%	N/A

