

□ Your Health Record History

| Date | BMI | BMR | TSF | VF | MM | Category | Suggestion | Health Effects |
|---------------------|-------|--------|-------|--------|-------|------------|-------------|--|
| 2025-12-23 13:30 | 23.95 | 1261.5 | 24.66 | Normal | 27.06 | Overweight | Lose Weight | Fatigue, Digestive problems, Circulation issues, Varicose veins |