

Health & Fitness Assessment

Session ID: session_001

Generated: September 19, 2025 at 02:13 PM

Assessment Overview

Overall Health Score

80.0 %

Assessment Type

as_hr_02

Time Elapsed

193 seconds

Key Body Vitals

Heart Rate

75 bpm Normal

Blood Pressure (Systolic)

124 mmHg Elevated

Blood Pressure (Diastolic)

82 mmHg

Oxygen Saturation

96.0 %

Heart Health

Health Risk Score

16 Low Risk

Wellness Score

84 Good

Body Composition

BMI

33.15 Obese

Body Fat Percentage

29.75 %

This report was automatically generated by the Assessment Management System
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