

Health & Fitness Report

Session: session_001 | **Assessment:** as_hr_02

Sections: 4

Key Body Vitals

Overall Health Score: 80

Heart Rate: 75 *(Normal)*

BP Systolic: 124

BP Diastolic: 82

Fitness Levels

Jog Time (s): 61

Squat Reps: 42

Body Composition

BMI: 33.145 *(Obese)*

Body Fat: 29.754

Posture Analysis

Frontal Analysis Score: 75

Side Analysis Score: 70