



LifeTrack Health Hub

Personal Health & Wellness Report

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Reg ID: LTHH-2025

Report Type: BMI Health Assessment

Report ID: INV-1-48-20251226003211

Date: 2025-12-26 00:32:11

PATIENT INFORMATION

Full Name:	Tarun B K	Patient ID:	PID-1
Age:	58 yrs	Gender:	Not Specified
Visit Type:	Self-Assessment	Reason for Visit:	BMI Evaluation

ANTHROPOMETRIC MEASUREMENTS

Height (cm): 185.0 cm
Weight (kg): 59.0 kg
WHO Standard: Nutritional Risk

17.24
UNDERWEIGHT

CLINICAL INTERPRETATION

Health Risk Level: High

Assessment Note: BMI is a standard screening tool used to identify potential weight problems. While it does not measure body fat directly, it is a reliable indicator of health risks associated with weight.

VITALS SNAPSHOT (User-Reported / Estimated)

Blood Pressure	Heart Rate	Oxygen (SpO2)	Temperature
120/80 mmHg	72 bpm	98%	98.6 °F

WELLNESS & LIFESTYLE GUIDANCE

- Nutrition:** Maintain balanced calorie intake with high fiber and lean protein.
- Sugar & Processed Foods:** Significantly reduce intake of refined sugars and sodium.
- Physical Activity:** Aim for at least 30 minutes of moderate activity (walking, cycling) daily.
- Hydration:** Ensure 2.5 - 3 liters of water intake daily.
- Rest:** Maintain a consistent 7-9 hour sleep schedule for hormonal balance.

PROGRESS TRACKING PLAN

Suggested Review: 30 Days

Target Goal: Weight Maintenance / Reduction

Tracking: Continuous App Monitoring

Health Coach: Sarah Thompson

Digitally Verified via LifeTrack Health Hub

Wellness Advisor ID: LT-00942

[App Verification Badge]

This report is generated using standard BMI calculation guidelines. This is a wellness assessment, not a medical diagnosis. The information provided is for educational and health tracking purposes. For personalized medical advice, pathological concerns, or chronic conditions, please consult a licensed physician.