

# LifeTrack Health Hub

Personal Health & Wellness Report

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Reg ID: LTHH-2025

Report Type: BMI Health Assessment

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## PATIENT INFORMATION

Full Name:	Tarun B K	Patient ID:	PID-1
Age:	54 yrs	Gender:	Male
Visit Type:	Self-Assessment	Category:	Wellness Report

## ANTHROPOMETRIC MEASUREMENTS

Height (cm):	140.0 cm	Weight (kg):	52.0 kg
WHO Standard:	Increased Health Risk	Reference:	Global BMI Guidelines

26.53  
OVERWEIGHT

## CLINICAL INTERPRETATION

Health Risk Level: Moderate Risk

Based on the recorded Body Mass Index (BMI) of 26.53, the patient is classified as **Overweight**. BMI is a screening tool used to assess whether an individual has a healthy body weight for their height. It is important to note that while BMI correlates with body fatness, it does not measure body fat directly. This assessment should be considered alongside other clinical indicators such as waist circumference, dietary habits, and physical activity levels.

## VITALS SNAPSHOT (User-Reported / Estimated)

Blood Pressure	Heart Rate	Oxygen (SpO <sub>2</sub> )	Temperature
120/80 mmHg	72 bpm	98%	98.6 °F

## WELLNESS & LIFESTYLE GUIDANCE

- Nutrition:** Maintain a balanced calorie intake rich in fiber and lean proteins.
- Dietary Restrictions:** Minimize intake of refined sugars, processed foods, and high-sodium items.
- Physical Activity:** Aim for 150 minutes of moderate-intensity aerobic activity per week.
- Hydration & Sleep:** Maintain optimal hydration (2-3L water) and 7-9 hours of restorative sleep.
- Monitoring:** Regularly track weight and BMI to observe trends and adjust lifestyle habits.

## PROGRESS TRACKING PLAN

Suggested Review	Target Goal	Tracking Method
30 - 60 Days	Weight Management	Continuous App Sync

**Health Coach:** Sarah Thompson  
Wellness Advisor ID: LT-00942

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This report is generated using standard medical BMI calculation guidelines. This is a wellness assessment, not a clinical diagnosis. For personalized medical advice or chronic conditions, please consult a licensed healthcare professional. Digitally signed and verified by LifeTrack Health Hub.