

Health & Fitness Assessment Report

Key Body Vitals

Wellness Score: N/A / 100

Heart Rate: N/A bpm

Blood Pressure (Systolic): N/A mmHg

Blood Pressure (Diastolic): N/A mmHg

Oxygen Saturation: N/A %

Heart Health

Heart Rate Recovery (HRR): 116 bpm

Stress Level

Stress Index: 1.4

Fitness Levels

Jog Test Duration: N/A s

Squat Repetitions: 42 reps

VO2 Max: 79.83

Posture

Frontal Body Score: 75 / 100

Side Body Score: 70 / 100

Body Composition

Body Mass Index (BMI): 33.15

Body Fat Percentage: 29.75 %

Metabolic Age: 48 years