Enter your average sleep hours per night: 4

Enter your average daily water intake (in glasses): 3

Enter your SPO2 level: 88

Enter your average daily step count: 2000

Enter your weight (in kg): 120

Enter your height (in cm): 130

Enter your age: 40

Enter your gender (Male/Female/Other): MALE

Sleep hours are less than the standard limit.

Water intake is less than the standard limit.

SPO2 level is less than the standard limit.

Step count is less than the standard limit.

Weight is more than the standard range (60 - 90 kg) for your age.

User is in the danger zone.

Risk of Heart Disease: 0.00%

Risk of Diabetes: 10.00%

Risk of Hypertension: 19.00%

Risk of Heart Disease: 0.00%

Risk of Diabetes: 10.00%

Recommendations to reduce risk:

- Monitor blood sugar levels regularly.

- Follow a balanced diet rich in fiber and low in sugars.

- Exercise regularly to maintain a healthy weight.

- Stay hydrated by drinking plenty of water.

- Get regular medical check-ups.

Risk of Hypertension: 19.00%

Recommendations to reduce risk:

- Reduce salt intake in your diet.

- Maintain a healthy weight.

- Exercise regularly.

- Limit alcohol consumption.

- Manage stress through relaxation techniques.

Additional Recommendations:

- Sleep at least 7 hours per night to meet the standard.

- Gradually increase your water intake by 1-2 glasses, aiming for 8 glasses per day. Current target: 4.0 glasses.

- Gradually increase your step count by 1000 steps each week, aiming for 10000 steps per day. Current target: 3000 steps.

- Reduce your weight to be within the standard range (60 - 90 kg) for your age.

- Follow a balanced diet with controlled portions.

- Increase your physical activity, focusing on both cardio and strength training.

- Avoid high-calorie, low-nutrient foods.