

# Health & Fitness Report

Generated for: Basil M K

Session: session\_010 | Type: as\_hr\_02

## Key Body Vitals

Metric	Value	Classification
Heart Rate	90 bpm	Below Average
Blood Pressure	124/72 mmHg	N/A
Oxygen Saturation	98 %	N/A
Respiratory Rate	15 breaths/min	N/A

## Body Composition

Metric	Value	Classification
BMI	29.109	Overweight
Body Fat Percentage	28.951 %	Average
Muscle Mass	17.961 kg	N/A

## Fitness Levels

Metric	Value	Classification
VO2 Max	67.11	Excellent
Jog Test Time	61 sec	N/A

Metric	Value	Classification
Squat Accuracy	93.29653 %	N/A