

Health & Fitness Assessment Report

Generated for: Basil M K
Session: session_001 | Date: 22/7/2024

Patient Information: female | Height: 182 cm | Weight: 62 kg

Key Body Vitals

Metric	Value	Status
Heart Rate	73 bpm	Normal
Blood Pressure	115 / 77 mmHg	Normal
Oxygen Saturation	96 %	Normal
Respiratory Rate	21 breaths/min	High

Heart Health

Metric	Value	Status
Heart Rate Variability (SDNN)	47.69 ms	Low
Stress Index	1.1	Low

Fitness Levels

Metric	Value	Status
VO2 Max	63.06 mL/kg/min	Superior
Cardiovascular Endurance	61 seconds	Excellent

Body Composition

Metric	Value	Status
BMI	30.575 kg/m ²	Obese
Body Fat Percentage	25.402 %	High
Lean Muscle Mass	57.473 kg	Moderate

Posture Analysis

Metric	Value	Status
Frontal Posture Score	78 %	Good
Lateral Posture Score	73 %	Fair

Overall Assessment

Metric	Value	Status
Overall Health Score	89 %	Good
Wellness Score	84 %	Good
Health Risk Score	10	Low

Report generated on 21/9/2025 at 10:25:54 pm

This report is generated automatically and should be reviewed by a healthcare professional.