

Health Assessment Report

Generated for: Basil M K

Session Details

Session ID: session_003

Assessment Type: as_hr_02

Accuracy: 81%

Generated on: 21/9/2025, 12:26:38 pm

Body Composition Data

Metric	Value
AGR	1.609
Age	49
BFC	15.355
BMI	31.544
BMR	2133
FM	27.974
FMI	9.182
HeightM	164.4
LM	65.655
LMI	22.688
M_Age	39
WHGR	0.59
WHR	0.805

Exercises Analysis

- Shoulders slightly uneven, affecting posture balance.
- Head alignment slightly off-center.
- Feet aligned properly under shoulders.
- Arms hang naturally by the sides.
- Head leans slightly forward.
- Spine shows slight curvature at neck.
- Hips aligned over ankles correctly.
- Knees are slightly bent, affecting stance.
- undefined
- undefined
- undefined