

Health & Fitness Report

Generated for: Basil M K

Session: session_001 | Type: as_hr_02

Key Body Vitals

Metric	Value	Classification
Heart Rate	73 bpm	Average
Blood Pressure	115/77 mmHg	N/A
Oxygen Saturation	96 %	N/A
Respiratory Rate	21 breaths/min	N/A

Body Composition

Metric	Value	Classification
BMI	30.575	Obese
Body Fat Percentage	25.402 %	Average
Muscle Mass	22.281 kg	N/A

Fitness Levels

Metric	Value	Classification
VO2 Max	63.06	Excellent
Jog Test Time	61 sec	N/A

Metric	Value	Classification
Squat Accuracy	86.18109 %	N/A