

Health & Fitness Assessment Report

Generated for: Basil M K
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Key Body Vitals

Metric	Value	Classification
Heart Rate	91 bpm	Normal
Blood Pressure (Systolic)	140 mmHg	Elevated
Blood Pressure (Diastolic)	83 mmHg	Elevated
Oxygen Saturation	97 %	Normal
Respiratory Rate	25 breaths/min	High

Heart Health

Metric	Value	Classification
Heart Rate Variability (SDNN)	48.52 ms	Low
Stress Index	1.2	Low

Fitness Levels

Metric	Value	Classification
VO2 Max	79.92 mL/kg/min	Superior
Cardiovascular Endurance	N/A seconds	N/A

Body Composition

Metric	Value	Classification
BMI	18.018 kg/m ²	Underweight
Body Fat Percentage	20.925 %	Elevated

Overall Assessment

Metric	Value	Classification
Overall Health Score	94 %	Excellent
Wellness Score	92 %	Excellent