

Health Assessment Report

Generated for: Basil M K

Session Details

Session ID: session_002

Assessment Type: as_hr_02

Accuracy: 75%

Generated on: 21/9/2025, 2:01:31 pm

Body Composition Data

Metric	Value
AGR	1.963
Age	63
BFC	32.764
BMI	27.284
BMR	2087
FM	15.451
FMI	5.354
HeightM	173.9
LM	72.96
LMI	22.222
M_Age	60
WHGR	0.535
WHR	0.862

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