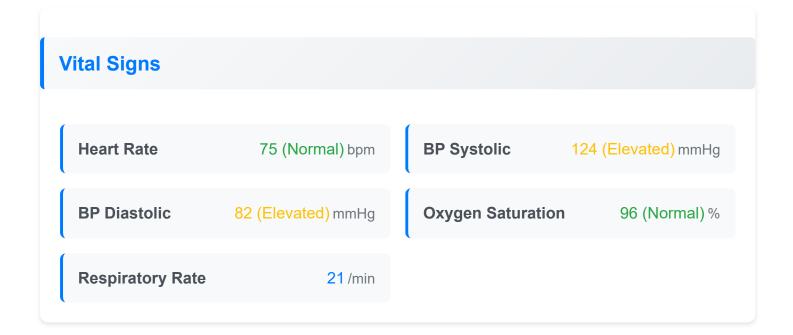
HEALTH ASSESSMENT REPORT

Comprehensive Health & Fitness Analysis

Basic Information			
Session ID	session_001	Assessment ID	as_hr_02
Gender	male	Height	183 cm
Weight	111 kg	Overall Accuracy	80 (Good) %
Time Elapsed	193 seconds		



Health Scores		
Health Risk Score 16 (Moderate Risk)	Wellness Score	84 (Good)
Diabetes Control Score 57.5	HbA1c	5.2 %

Body Composition			
ВМІ	33.145 (Obese)	Body Fat %	29.754 (High) %
Basal Metabolic Rate	2054.217 calories	Fat Mass	33.027 kg
Lean Mass	77 .973 kg	Metabolic Age	48 years
WHR (Waist-Hip Ratio)	0.926		

Cardiovascular Metrics			
Cardiac Output	6.3 L/min	Mean Arterial Pressure	96 mmHg
VO2 Max 79.83 (Excel	lent) ml/kg/min	Blood Volume	6354.9 ml

Heart Rate Variabi	lity		
HR Max	191 bpm	HR Reserve	116 bpm
Target HR Range	145 - 191 bpm	Heart Utilized	40 %
Stress Index 1	.4 (Moderate Stress)	RMSSD	23.64 ms
SDNN	45.88 ms		

Exercise Performance	9		
Frontal View Score	75 (Good)	Side View Score	70 (Fair)
Jog Test Accuracy	99.17062 %	Jog Test Time	61 seconds
Squat Reps	42 reps	Squat Accuracy	93.333336 %
Stand & Reach Distance	45.538174 cm		

Report generated on 26/9/2025 | Assessment System v2.0

Note: This report is for informational purposes only and should not replace professional medical advice.