

Name: kaushik

Date: 26/9/2025

Health & Fitness Assessment

Patient Info

Gender
male

Height
183 cm

Weight
111 kg

Age
43 years

Key Body Vitals

Heart Rate
75 bpm
Status: Obese

Blood Pressure (Sys)
124 mmHg

Blood Pressure (Dia)
82 mmHg
Status: Normal

Oxygen Saturation
96 %
Status: Normal

Respiratory Rate
21 bpm
Status: High

Name: kaushik

Date: 26/9/2025

BMI

33.145

Status: Obese

Body Fat %

29.754 %

Status: Normal Body Fat

Lean Mass

77.973 kg

Status: Normal Lean Mass

Fat Mass

33.027 kg

Status: High Fat Mass

BMR

2054.217 kcal

Status: High BMR

Waist-Hip Ratio

0.926

Status: Risky WHR

Wellness & Risk

Wellness Score

84

Health Risk Score

16

Status: Low Risk

Stress Index

1.4

VO₂ Max

79.83 mL/kg/min

Name: kaushik

Date: 26/9/2025

Cardiac Output

6.3 L/min

Mean Arterial Pressure

96 mmHg

PRQ

3.57

HR Max

191 bpm

Heart Rate Reserve

116 bpm

Name: kaushik

Date: 26/9/2025

Frontal body view

Analysis Score: 75

Assigned Reps: 1, Correct Reps: 1

Time: 10 seconds

Range: Normal

Analysis Observations:

- Shoulders slightly uneven, affecting posture balance.
- Head alignment slightly off-center.
- Feet aligned properly under shoulders.
- Arms hang naturally by the sides.

Tips:

- Practice shoulder alignment exercises daily.
- Focus on maintaining head center alignment.

Side body view

Analysis Score: 70

Assigned Reps: 1, Correct Reps: 1

Time: 22 seconds

Range: Normal

Analysis Observations:

- Head leans slightly forward.
- Spine shows slight curvature at neck.
- Hips aligned over ankles correctly.
- Knees are slightly bent, affecting stance.

Tips:

- Engage in neck strengthening exercises.
- Consciously practice standing with straight knees.

Jog test

Assigned Reps: 10, Correct Reps: 1

Time: 61 seconds

Name: kaushik

Date: 26/9/2025

Squat

Assigned Reps: 45, Correct Reps: 42

Time: 90 seconds

Stand and reach

Assigned Reps: 1, Correct Reps: 1

Time: 10 seconds