

# Cardiac Analysis

## Overall Assessment

Overall Health Score17.0 % [Poor]

Assessment Date25/6/2025

## Essential Health Metrics

Heart Rate66.0 beats/min [Excellent]

Blood Pressure Systolic110.0 pressure units [Normal]

Blood Pressure Diastolic75.0 pressure units [Normal]

Oxygen Saturation95.0 % [Normal]

## Cardiovascular Endurance

Wellness Score84.0 [Excellent]

Cardiac Output5.7 L/min [Normal]

Heart Rate Variability (RMSSD)27.1 ms [Average]

Cardiovascular Endurance Test47.0 seconds [Good]

## Physical Composition

BMI9.51 kg/m² [Underweight]

Lean Mass20.18 kg [Low]