

Health & Fitness Assessment Report

Session ID: session_001 | Generated: 25/9/2025, 10:47:31 am | Assessment ID: as_hr_02

Assessment Overview

Overall Health Score: **80 %** (Excellent)

Assessment Duration: **193 seconds**

Gender: **Male**

Key Body Vitals

Heart Rate: **75 bpm** (Normal)

Blood Pressure Systolic: **124 mmHg** (Elevated)

Blood Pressure Diastolic: **82 mmHg** (Elevated)

Oxygen Saturation: **96 %**

Respiratory Rate: **21 /min**

Heart Health

Wellness Score: **84 /100** (Excellent)

Health Risk Score:	16 points
VO2 Max:	79.83 ml/kg/min
HRV (RMSSD):	23.64 ms
Stress Index:	1.4

Fitness Levels

Cardiovascular Endurance:	N/A
	<i>Time spent on jog test</i>
Squat Performance:	42 reps
Flexibility Score:	N/A

Body Composition

BMI:	33.145 kg/m ² (Obese)
Body Fat Percentage:	29.754 %
Muscle Mass:	77.973 kg
BMR:	2054.217 calories/day

Posture Analysis

Frontal View Score:

75 /100

Side View Score:

70 /100