

Health & Fitness Assessment Report

Session ID: session_001 | Generated: 25/9/2025, 10:33:44 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