

HEALTH REPORT

Analysis by MINI DOCTOR



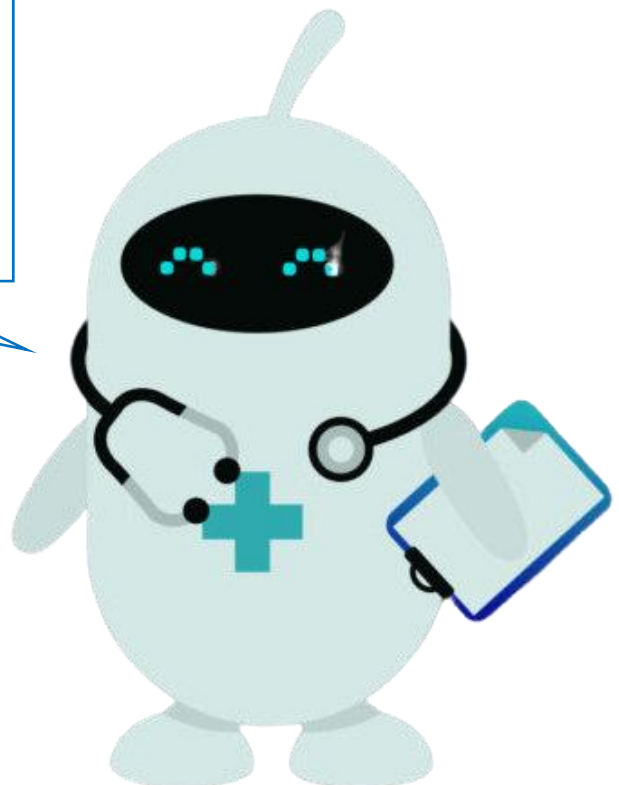
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Personal Details

Name:	Dummy
Age:	18
Gender:	M
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Aspects which you are going to see: -

- 1) Physical Health Analysis
- 2) Mental Health Analysis
- 3) Vitamin Deficiencies
- 4) Health Visualization
- 5) Health Tips



"Your Health Score is GOOD"



100

Problems which you have are:

- Healthy:-
Medicine: Happiness
Remedies:
> Stay like this and be happy throughout your life
Tips:
> Do exercise and Eat healthy food

Yo Be like this and Enjoy Life Without Diabetics
Your Heart is safe



32

Anxiety

“Very less or no signs of Anxiety”



17

Depression

“Very less or no signs of Depression”

Analysis:

- You are a Very Active person
- You are a Cool Person
- You are Mentally Strong
- You are having High level Confident
- You are Active mind
- You are Chill dude type
- You are having Clear brain
- You are Staying away from stress
- You are having Strong will power

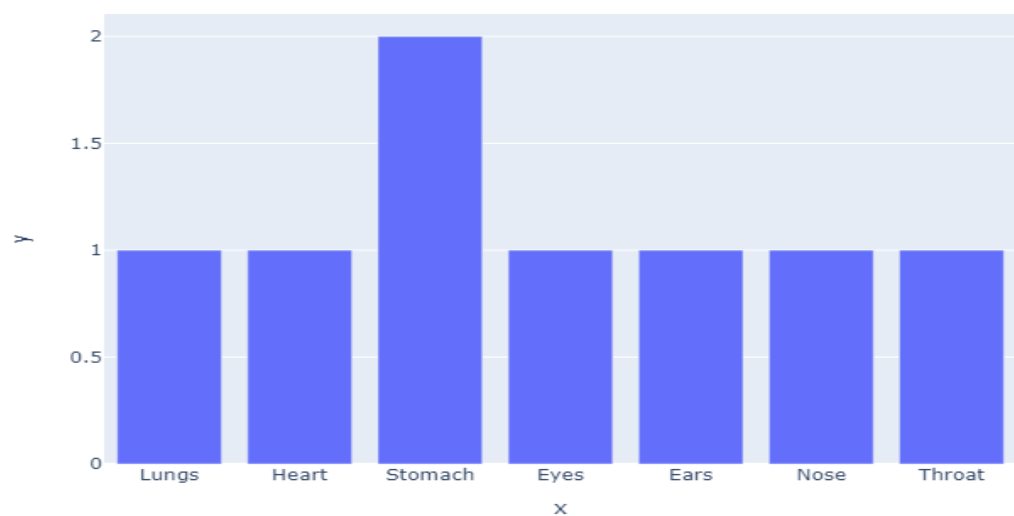
Vitamin Deficiency

You have following Vitamin Deficiencies

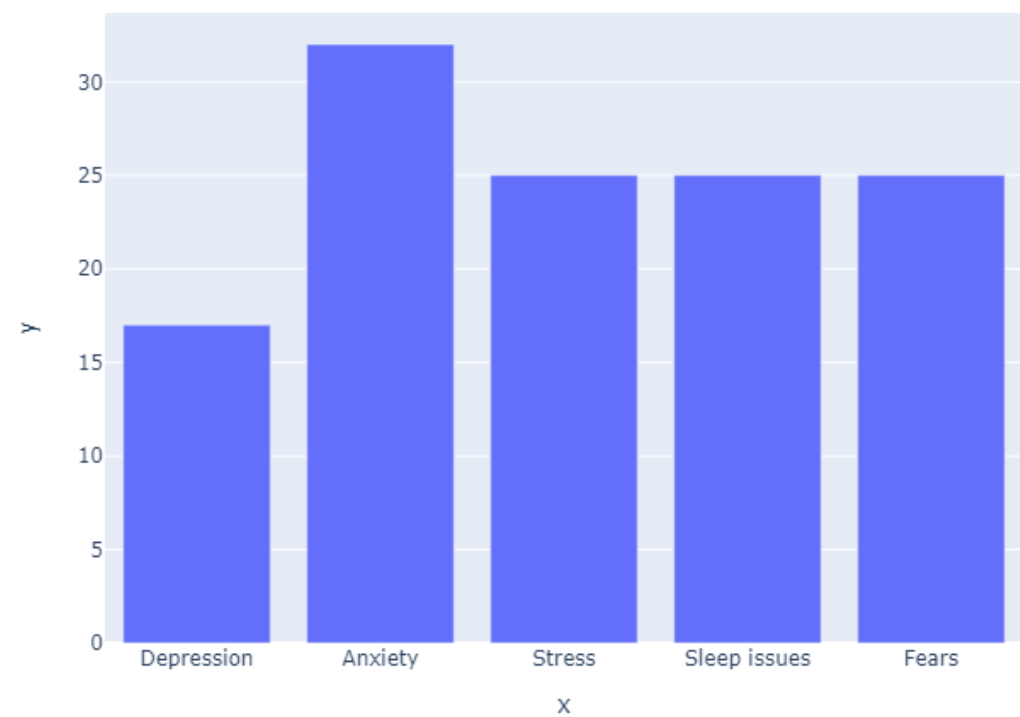
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Sweet Potato, Carrot, Spinach, Butter, Mango, Cheese, Salmon, Cod Liver Oil, Lamb Liver, Hard Boiled Egg

Visualizations of Health Analysis



1-> Healthy 0-> Unhealthy



Score out of 100

Health Tips

1. Drink A Glass Of Water First Thing In The Morning
2. Take The Stairs
3. Make Half Your Plate Veggies
4. Get A Fitness Tracker + Track Your Steps
5. Switch To Non-toxic Household Cleaning Products
6. Use Non-toxic Skincare + Personal Care Products
7. Take A Probiotic Daily
8. Eat Real Food
9. Stand Up Every 30 Minutes While Working
10. Get Sunlight Every Day
11. Fill Your Home With Houseplants
12. Sweat Every Day
13. Have A Daily Green Smoothie
14. Work Hard + Be Kind
15. Cultivate A Positive Mindset
16. Get Enough Sleep
17. Start Your Day With A Healthy Morning Routine
18. Eat The Rainbow
19. Floss Your Teeth
20. Spend Time Alone
21. Do Things You Enjoy
22. Choose Organic Foods When Possible
23. A Teaspoon Of Apple Cider Vinegar Keeps The Doctor Away
24. Smile Often
25. Work On Overcoming Your Fears
26. Use A Yoga Ball As A Desk Chair
27. Manage Stress With Self-care Activities
28. Intermittent Fasting Can Promote Weight Loss
29. Drink A Glass Of Water After Every Alcoholic Beverage
30. Practice Gratitude
31. A Walk Around The Block Is Better Than No Walk At All