

Health & Fitness Assessment

Generated Report

Session ID: session_001

Assessment ID: as_hr_02

Date: 24/9/2025

Key Body Vitals

Overall Score	80
Heart Rate	75
BP Systolic	124
BP Diastolic	82

Heart Health

Wellness Score	84
Health Risk Score	16

Stress Level

Stress Index	1.4
pNN50 %	47.37

Fitness Levels

Cardiovascular Endurance (Jog Test Time)	[special mapping here]
VO2 Max	79.83

Posture

Posture Status	exercising
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Body Composition

BMI	33.145
Body Fat %	29.754
Lean Mass	77.973