

# Health & Fitness Assessment Report

## Personal Information

**Name:** John Doe

**Age:** 30

**Gender:** Male

## Health Metrics

**Height (cm):** 175

**Weight (kg):** 70

**BMI:** 22.86 (*Normal weight*)

**Blood Pressure:** 120/80

**Heart Rate (bpm):** 72

## Fitness Assessment

**Cardio Score:** 85

**Strength Score:** 78

**Flexibility Score:** 90

**Endurance Score:** 82

## Lifestyle Factors

**Smoking:** No

**Alcohol Consumption:** Moderate

**Exercise Frequency:** 4-5 times/week

**Sleep Hours:** 7

## Recommendations

Maintain current exercise routine.

Focus on strength training for upper body.

Ensure adequate hydration.