

# Health & Fitness Assessment Report

## Personal Information

**Name:** Jane Smith

**Age:** 25

**Gender:** Female

## Health Metrics

**Height (cm):** 162

**Weight (kg):** 58

**BMI:** 22.1 (*Normal weight*)

**Blood Pressure:** 110/70

**Heart Rate (bpm):** 68

## Fitness Assessment

**Cardio Score:** 92

**Strength Score:** 85

**Flexibility Score:** 95

**Endurance Score:** 90

## Lifestyle Factors

**Smoking:** No

**Alcohol Consumption:** Low

**Exercise Frequency:** 5-6 times/week

**Sleep Hours:** 8

## Recommendations

Continue healthy lifestyle.

Explore new fitness challenges.