

# Health & Fitness Assessment Report

Generated on: 20/9/2025 | Session ID: session\_001

## Key Body Vitals

### Overall Health Score

80 %

Good

### Heart Rate

75 bpm

Normal

### Blood Pressure

124/82 mmHg

High

### Oxygen Saturation

96 %

Normal

### Respiratory Rate

21 breaths/min

High

## Heart Health

### Cardiac Output

6.3 L/min

### Mean Arterial Pressure

96 mmHg

### Heart Rate Variability (SDNN)

45.88 ms

### Stress Index

1.4

## Stress Level

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### Wellness Score

84 %

*Low Stress*

### RMSSD

23.64 ms

*Moderate Stress*

### pNN50

47.37 %

## Fitness Levels

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### VO2 Max

79.83 ml/kg/min

*Excellent*

#### Cardiovascular Endurance

N/A seconds

#### Exercise Intensity

Hard

## Posture Analysis

#### Frontal Posture Score

N/A %

#### Lateral Posture Score

N/A %

#### Squat Accuracy

N/A %

## Body Composition

#### BMI

33.145

*Obese*

#### Body Fat Percentage

29.754 %

*High*

**Lean Mass**

77.973 kg

**Fat Mass**

33.027 kg

**Basal Metabolic Rate**

2054.217 kcal

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Report generated automatically by Assessment Management System

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