

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

Wellness Score

84 %

Low Stress

RMSSD

23.64 ms

Moderate Stress

pNN50

47.37 %

Fitness Levels

VO2 Max

79.83 ml/kg/min

Excellent

Cardiovascular Endurance

N/A seconds

Exercise Intensity

Hard

Posture Analysis

Frontal Posture Score

[object Object] %

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

Report generated automatically by Assessment Management System

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