

Assessment Report - as_hr_02

Key Body Vitals

Overall Health Score: 80% (Good)

Heart Rate: 75

Blood Pressure Systolic: 124

Blood Pressure Diastolic: 82

Oxygen Saturation: 96

Respiration Rate: 21

Heart Health

HR Max: 191

Stress Index: 1.4 (Low)

Stress Level

pNN50%: 47.37

RMSSD: 23.64

SDNN: 45.88

Fitness Levels

Cardiovascular Endurance (Jog time): 61

Squat Reps: 42

Posture

Frontal Posture Score: 75

Side Posture Score: 70

Body Composition

BMI: 33.145 (Obese)

Body Fat %: 33.36

Weight: 111

Height: 183