

# VitaTrack Wellness Dashboard – Lifestyle & Heart Risk Analysis



Avg Steps

7,820



Avg Sleep (hrs)

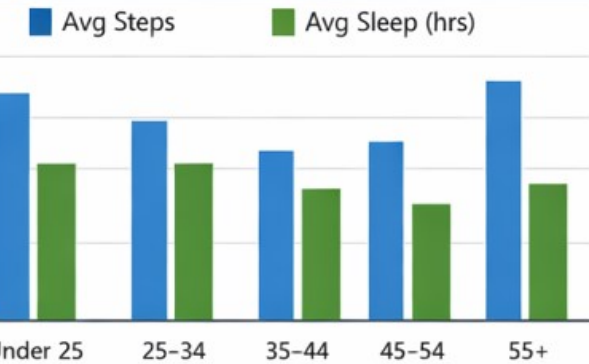
6.4



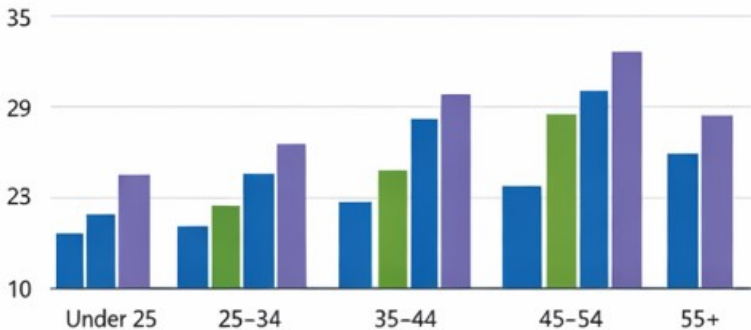
Avg Calories

2300

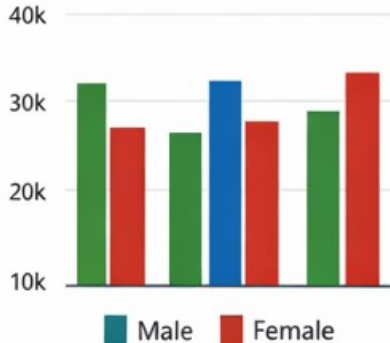
## Balanced Lifestyle Across Age Groups



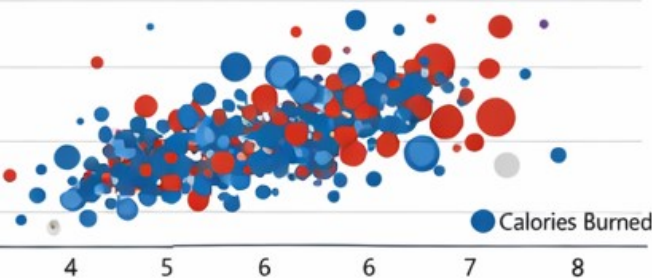
## BMI Distribution Across Age Groups & Gender



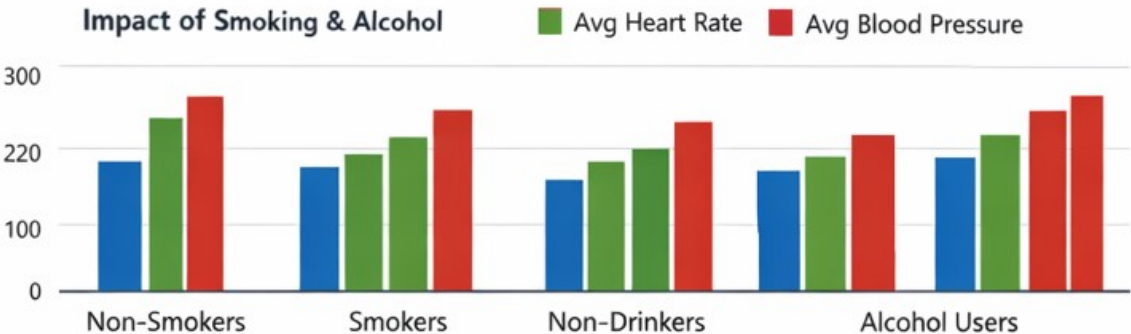
## Impact of Smoking & Alcohol on Heart Health



## Relationship Between Sleep & Physical Activity



## Impact of Smoking & Alcohol



## Health Segmentation & Lifestyle Suggestions



Active

Moderate

Sedentary

Activity Level	Avg BMI	High Risk	Recommendation
Sedentary	29.1	High	Increase Daily Steps
Moderate	25.4	Moderate	Improve Sleep & Diet
Active	23.0	Low	Maintain Routine

### Gender

☐ Male

☐ Female

### Age Group

☐ Under 25

☐ 25-34

☐ 35-44

☐ 45-54

☐ 55+

### Smoking

☐ Yes

☐ No

### Heart Disease

☐ Yes

☐ No