

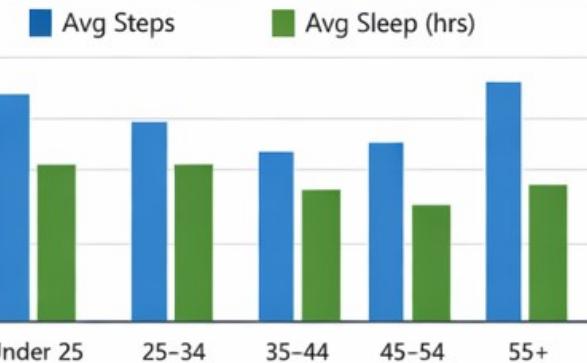
VitaTrack Wellness Dashboard – Lifestyle & Heart Risk Analysis

 Avg Steps
7,820

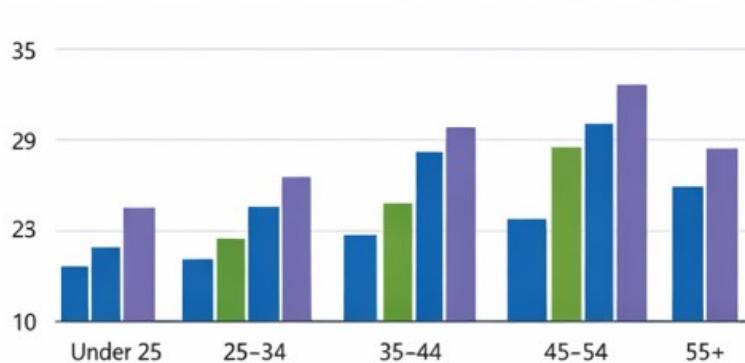
 Avg Sleep (hrs)
6.4

 Avg Calories
2300

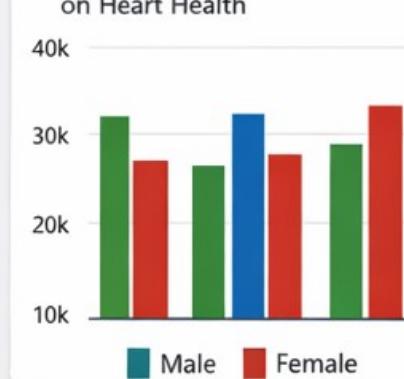
Balanced Lifestyle Across Age Groups



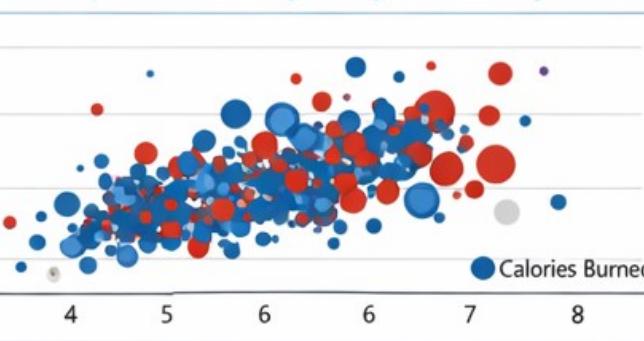
BMI Distribution Across Age Groups & Gender



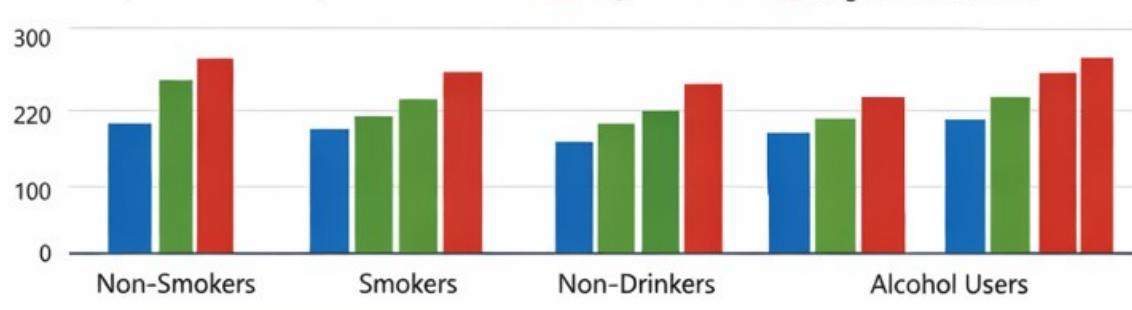
Impact of Smoking & Alcohol on Heart Health



Relationship Between Sleep & Physical Activity



Impact of Smoking & Alcohol



User 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