

Allycare Assessment Report

Name:

John Doe

Gender:

male

Session ID:

session_001

Date of assessment:

2025-02-27

Age:

33 years

Height/Weight:

183cm / 111kg

✓ Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Fair

70%

Assessment Score

84

Wellness Score

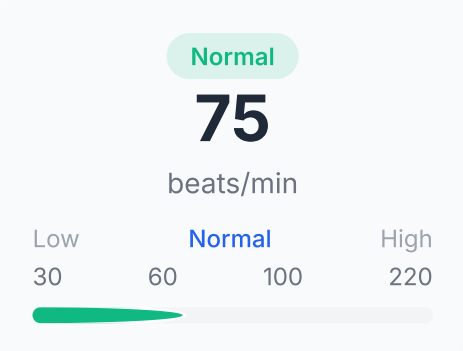
16

Risk Score

Key Body Vitals

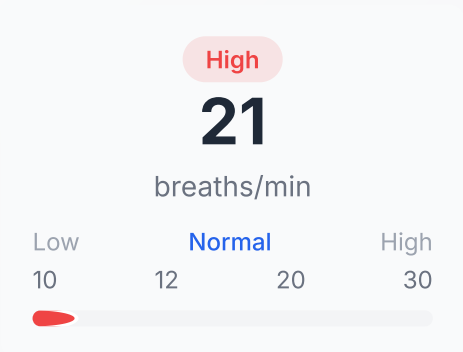
♥ Heart Rate

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.



i Respiration Rate

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.



≡ Blood Pressure

Blood pressure measures the force of blood against artery walls. Normal range is typically below 120/80 mmHg.



✓ Oxygen Saturation

Oxygen saturation measures the percentage of oxygen-saturated hemoglobin in the blood. Normal levels are 95-100%.



Exercise Performance

Jog test

61.00

seconds

Squat

42

repetitions

Posture Analysis

Posture Evaluation

Analysis:

- Shoulders slightly uneven
- affecting posture balance.
- Head alignment slightly off-center.
- Feet aligned properly under shoulders.
- Arms hang naturally by the sides.

Recommendations:

- Practice shoulder alignment exercises daily.
- Focus on maintaining head center alignment.

Frontal body view

Frontal View Score:

75

Analysis:

- Head leans slightly forward.
- Spine shows slight curvature at neck.
- Hips aligned over ankles correctly.
- Knees are slightly bent
- affecting stance.

Recommendations:

- Engage in neck strengthening exercises.
- Consciously practice standing with straight knees.

Side body view

Side View Score:

70

Stand and Reach

45.54

cm

Advanced Health Metrics

VO2 Max

79.83

ml/kg/min

Stress Index

1.4

units

HRV

23.64

ms

Cardiac Output

6.3

L/min

Blood Volume

6354.9

L

Total Body Water

57.13

L

Glucose & Diabetes Assessment

Recommended Tips:

- Engage in neck strengthening exercises.
- Consciously practice standing with straight knees.

Total Reps: 1

Total Sets: 1

Physiological Data

BMI: 33.145

Body Fat: 33.36%

Height: 183 cm

Weight: 111 kg

Gender: male

Intensity: Hard

HbA1c Level

5.2%

3-month average

Diabetes Control

57.5

control score

Body Composition Analysis

33.145

BMI
Normal Range

33.36%

Body Fat
Healthy

84

Wellness Score
Excellent

77.973 kg

Lean Mass

33.027 kg

Fat Mass

2054.217 kcal

BMR

48 years

Metabolic Age

0.926

WHR