Allycare Assessment Report

Name:
Rose Smith

Gender:
female

Session ID:
session_002

Date of assessment:
2025-02-27

Age:
35 years

Height/Weight:
175cm / 81kg

✓ 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.

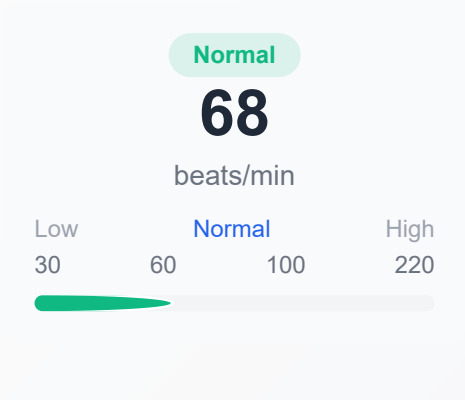Fair

75%
Assessment Score

92
Wellness Score

8
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.

Normal

68

beats/min

Low	Normal		High
30	60	100	220

ℹ️ 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.

Normal

16

breaths/min

Low	Normal		High
10	12	20	30
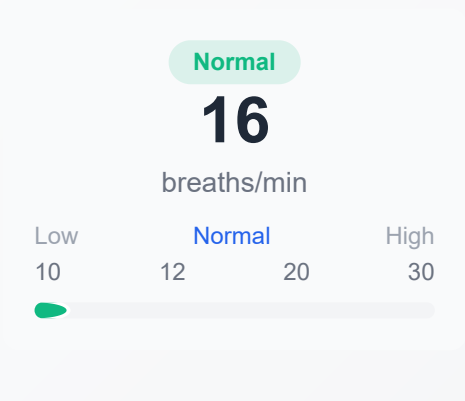
☰ Blood Pressure

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

Normal   **Normal**

118/75

mmHg

Systolic   Diastolic

✅ Oxygen Saturation

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

98%

SpO2

Low	Normal		High
90	95	98	100

Exercise Performance

Jog test

45.00

seconds

Posture Analysis

Posture Evaluation

Analysis:

- N/A

Recommendations:

- N/A

Analysis:

- N/A

Recommendations:

- N/A

Frontal body view

Frontal View Score:

N/A

Side body view

Side View Score:

N/A

Advanced Health Metrics

VO2 Max	Stress Index
68.5	**1.1**
ml/kg/min	units

HRV	Cardiac Output
28.5	**5.8**
ms	L/min

Blood Volume	Total Body Water
4850.2	**45.8**
L	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: 24.8

Body Fat: 22.5%

Height: 175 cm

Weight: 81 kg

Gender: female

Intensity: Hard

HbA1c Level

4.8%

3-month average

Diabetes Control

65.2

control score

Body Composition Analysis

24.8

BMI

Normal Range

22.5%

Body Fat

Healthy

92

Wellness Score

Excellent

62.8 kg

Lean Mass

18.2 kg

Fat Mass

1850.5 kcal

BMR

32 years

Metabolic Age

0.85

WHR