



# **Allycare Assessment Report**

Name:

N/A

Date of assessment:

N/A

Gender: **male** 

Age:

N/A

### Health Score

This score is based on the assessments you've completed.

Offering a clear snapshot of your current health and fitness.

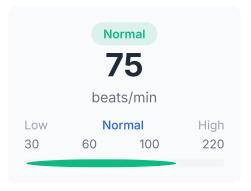
Use it to track progress and target areas for improvement.



## **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.



### 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.

{{respirationRate\_status}}

N/A

breaths/min

Low Normal High
10 12 20 30

{{respirationRate\_bar}}

## **Body Composition Analysis**

33.145

BMI

**Normal Range** 

29.754%

Body Fat Healthy 84

Wellness Score

Excellent