



# **Allycare Assessment Report**

Name:

John Doe

Gender: **male** 

Session ID: session\_001

Date of assessment:

Age: 33 years

Height/Weight: 183cm / 111kg

2025-02-27

# 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.

70%

**Assessment Score** 

84 Wellness Score 16 Risk Score

# **Key Body Vitals**

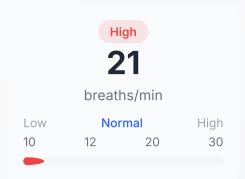
### Heart Rate

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.



# **1** 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 oxygensaturated hemoglobin in the blood. Normal levels are 95-100%.

96%			
SpO2			
Low	Normal		High
90	95	98	100

# 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.

### **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.

# Frontal body view

Frontal View Score:

**75** 

# 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

I /mir

**Blood Volume** 

6354.9

L

**Total Body Water** 

57.13

Т

# **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