

# Assessment Report

Session ID: session\_001

## Key Vitals

Heart Rate	75 bpm	
Oxygen Saturation	96 %	
Respiratory Rate	21 rpm	

## Body Composition

BMI	33.145	Obese
BMR	2054.217 kcal	
Fat Mass	33.027 kg	

## Exercises

Jog Test Time	61 s	
Squat Reps	42 reps	