



Cuore Score Report

Date: Dec 21, 2025

Health Score: 55.8

Time to Target: 4 months

Metabolic Age: 24 years

Gap: 2 years

Body Metrics

● **Weight:** 55kg → 58kg

● **BMI:** 21.5 → 22.5

● **Body Fat:** 14.7% → 23%

Lifestyle

● **Score:** 51% → 75%

Calories: 1500 kcal

Exercise: 30 min

Vitals

● **Heart Rate:** 72

● **BP:** 120/90

● **Fasting Sugar:** 95 → 100

● **PP Sugar:** 140 → 140

● **HbA1c:** 9 → 5.6

● **TG/HDL:** 1.2 → 2.6

● **HsCRP:** 0.1 mg/dL

Main Focus Areas

- Meditation
- Sleep