



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