

Fitness Analytics Report

Client: Tahsin

Entry #1

Weight	55 kg
Height	175 cm
Heart Rate	68 bpm
Blood Pressure	120/80
Calories Burned	450
Notes	Felt energetic during workout
Date	5/3/2025, 4:44:26 PM

Health Insights & Suggestions

- !9p Not enough data for full trend analysis. Please input more data regularly.