

Fitness Analytics Report

Client: Tahsin User

Entry #1

Weight	45 kg
Height	172 cm
Heart Rate	100 bpm
Blood Pressure	140/80
Calories Burned	500
Notes	Felt nauseous
Date	5/15/2025, 2:57:35 PM

Entry #2

Weight	48 kg
Height	172 cm
Heart Rate	100 bpm
Blood Pressure	140/80
Calories Burned	500
Notes	Felt nauseous
Date	5/15/2025, 2:57:43 PM

Entry #3

Weight	54 kg
Height	172 cm
Heart Rate	120 bpm
Blood Pressure	120/80
Calories Burned	500
Notes	Felt nauseous
Date	5/15/2025, 2:57:56 PM

Entry #4

Weight	64 kg
Height	172 cm
Heart Rate	110 bpm
Blood Pressure	140/100
Calories Burned	100
Notes	Felt nauseous
Date	5/15/2025, 2:58:15 PM

Health Insights & Suggestions

- Elevated blood pressure. Monitor regularly.
- Sudden weight loss detected. Ensure proper nutrition.