LungBuddy

AI Lung Health Assessment Report

Patient: umang kaushik
Date: February 20, 2026

79
out of 100

Good

Your lungs are in healthy condition.

0   100

Module Breakdown

Points deducted per module — lower is better

Module	Score
Biological	4.0 / 15
Behavioral	4.5 / 25
Environmental	12.7 / 35
Sleep & Recovery	0.0 / 10
Disease & Symptoms	0.0 / 15
Total Damage	**21.2 / 100**

Personalized Recommendations

Recommendation	
Great work! Your lungs are in healthy condition — maintain your current habits	STATUS
Quit smoking — at 5 cigs/day, this is your most impactful reversible factor	URGENT
AQI 123 is unhealthy — consider wearing a mask on high pollution days	PROTECTION

Start light cardiovascular exercise — even 20 min of walking improves lung capacity   LIFESTYLE