

**Reports**   Questionnaires

- Report Info**
- Overview
- Scores

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- Body Composition
- Activity
- Heart
- Fitness
- Nutrition
- Behavior

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- Musculoskeletal

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- + Recommendations
- Provider Notes



<p style="text-align: center; font-weight: normal;">Assessment Date</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">June 23, 2017</p>	<p style="font-weight: normal;">Patient</p> <p style="font-weight: bold;">George Caldwell</p> <p>Male, 43 years olds, Caucasian</p> <p><a href="#">View medical history &gt;</a></p> <p>Phone: (888) - 780-1872</p> <p>Email: Patient@healthsnapsolutions.com</p>	<p style="font-weight: normal;">Provider</p> <p style="font-weight: bold;">John Smith, MD</p> <p>HealthSnap Solutions</p> <p>1951 NW 7th Ave, Miami, FL 33136</p> <p>Phone: (888) 780-1872</p> <p>Email: info@healthsnapsolutions.com</p>
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### Scores

Overall Prevention Score 5.6 <b>Average</b>	Metabolic Score 4.5 <b>Average</b>	Cardiovascular Score 3.9 <b>Poor</b>	Nutrition Score 8.2 <b>Excellent</b>
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### Body Composition

Body Weight 175 lb	Height 6'1"	Waist Circumference 31 in	Hip Circumference 39 in
BMI 22.1 <b>Good</b>	Body Fat 8% <b>Lean/Fit</b>	Lean Body Mass 165 lb	Waist/Height 56% <b>At Risk</b>
Waist/Hip 94% <b>Very High Risk</b>	Fat Patterning <b>Neutral</b>		

### Activity

Total Daily Energy Expenditure 2340 kcal	Physical Activity Level (PAL) 1.55 <b>Above Optimal</b>
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### Heart

Resting Heart Rate 65 bpm	Max Heart Rate 195 bpm	Heart Rate Reserve 130 bpm	Blood Pressure 115/79 <b>Normal</b>
Rate Pressure Product 7.8 <b>Normal</b>	Pulse Pressure 40 mmHg <b>Normal</b>	Heart Age 65 <b>Above Age</b>	10-Year CVD Risk 4.2%

### Fitness

VO2max 43.1 <b>Very Good</b>	Fitness Age 35 <b>Below Age</b>
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### Nutrition

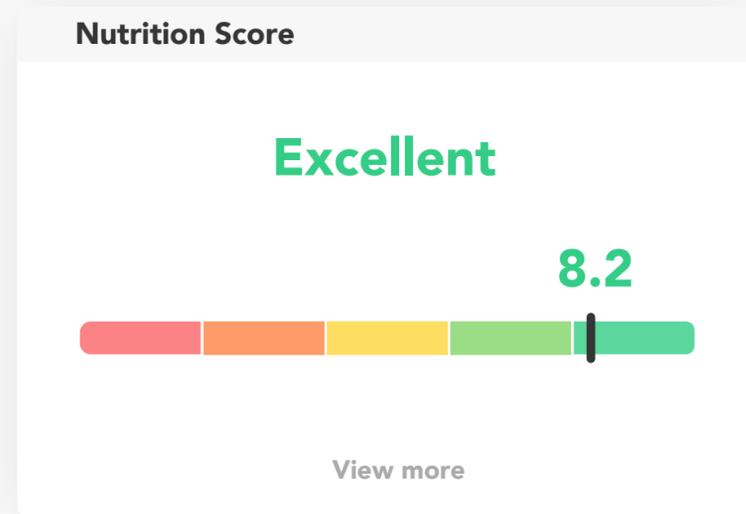
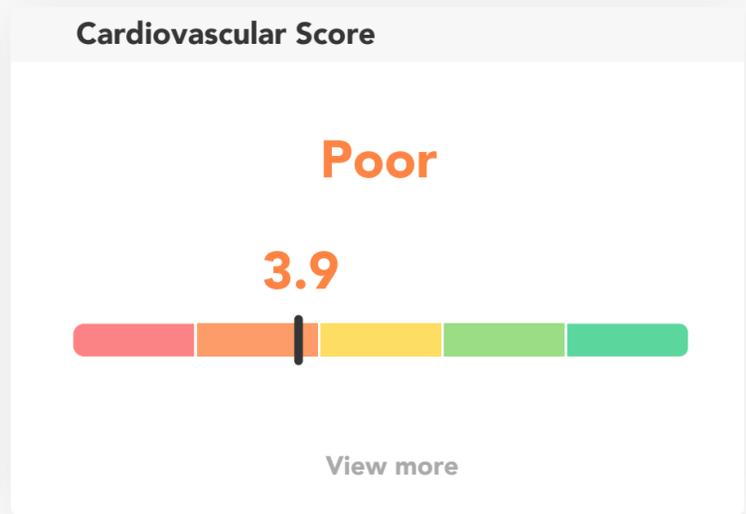
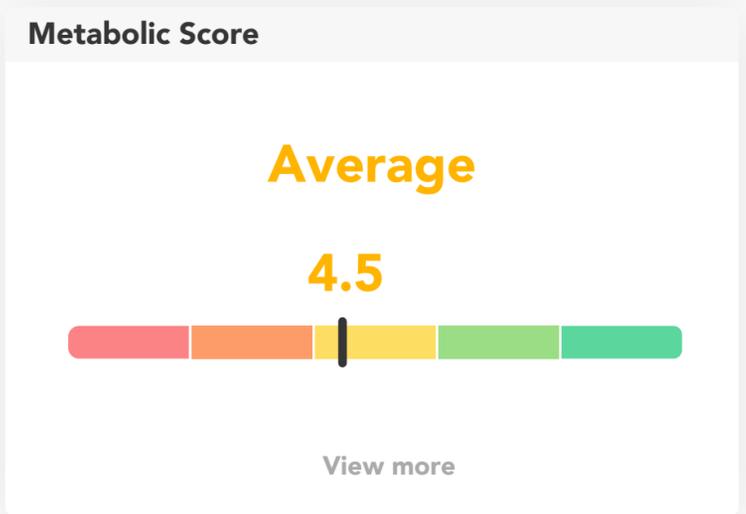
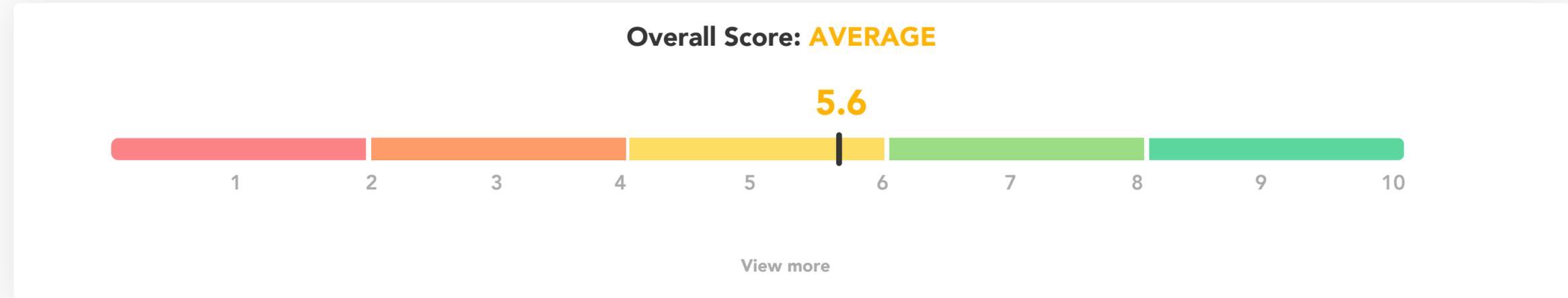
Plant-Based Index <b>Poor</b>	Green Leafy Vegetables <b>Severely Deficient</b>	Colorful Fruits and Vegetables <b>At Risk</b>	Sulfur-rich Vegetables <b>Sufficient</b>
Red Meat <b>Excessive</b>	Processed Meat <b>Excessive</b>	Healthy Fats <b>Sufficient</b>	Sodium/Potassium <b>Poor</b>
Sugar/Fiber <b>Poor</b>	Gut Support <b>Poor</b>	Water <b>Hydrated</b>	Alcohol <b>Excessive</b>

### Behavior

Sleep 6 - 8 hours/night <b>Excellent</b>	Stress <b>Low</b>	Sitting 6 - 9 hours/day <b>Poor</b>	Smoking <b>Non-Smoker</b>
Willingness to Change (nutrition) <b>Maintenance</b>	Willingness to Change (exercise) <b>Action</b>		

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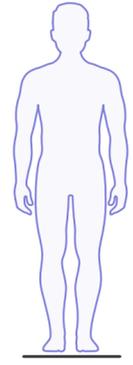


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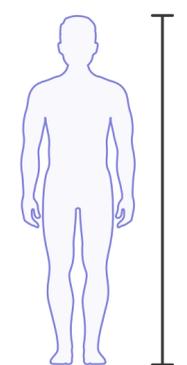
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**Body Weight**



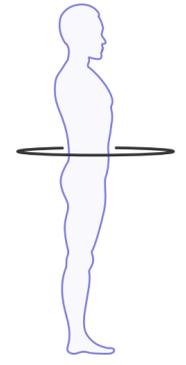
**175lbs**

**Height**



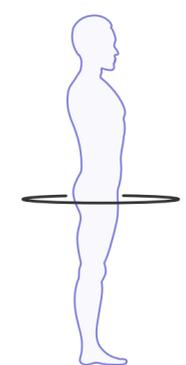
**6'1"**

**Waist Circumference**



**31in**

**Hip Circumference**

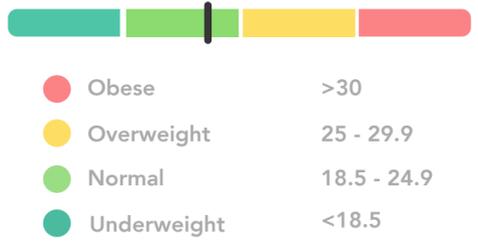


**39in**

**BMI**

**Normal**

**22.6**

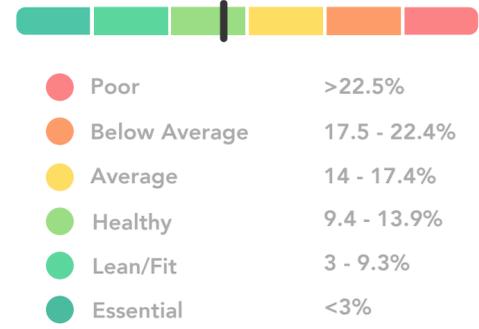


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**Body Fat**

**Healthy**

**13.6%**

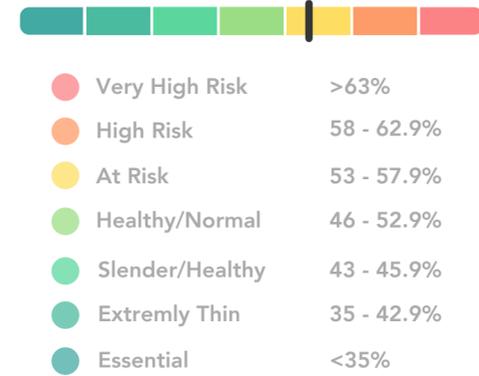


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**Waist/Height Ratio**

**At Risk**

**56%**

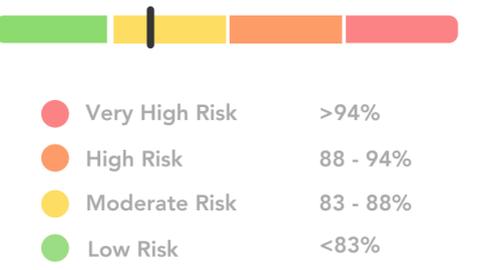


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**Waist/Hip Ratio**

**Moderate Risk**

**85%**



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**Fat Patterning**



**Android**

Fat Patterning

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### Current Weekly Exercise

<b>Crossfit</b>	<b>5</b> DAYS/WEEK	<b>60</b> MINUTES/SESSION
<b>Running 8mph</b>	<b>2</b> DAYS/WEEK	<b>30</b> MINUTES/SESSION

### Physical Activity Level (PAL)

1.46

Optimal PAL  
Not Sedentary  
Your PAL

View more

### Total Daily Energy Expenditure (TDEE)

TDEE **2370 kcal**

Basal Metabolic Rate	<b>1910 kcal</b>
Exercise Expenditure	<b>370 kcal</b>
Miscellaneous Expenditure	<b>290 kcal</b>

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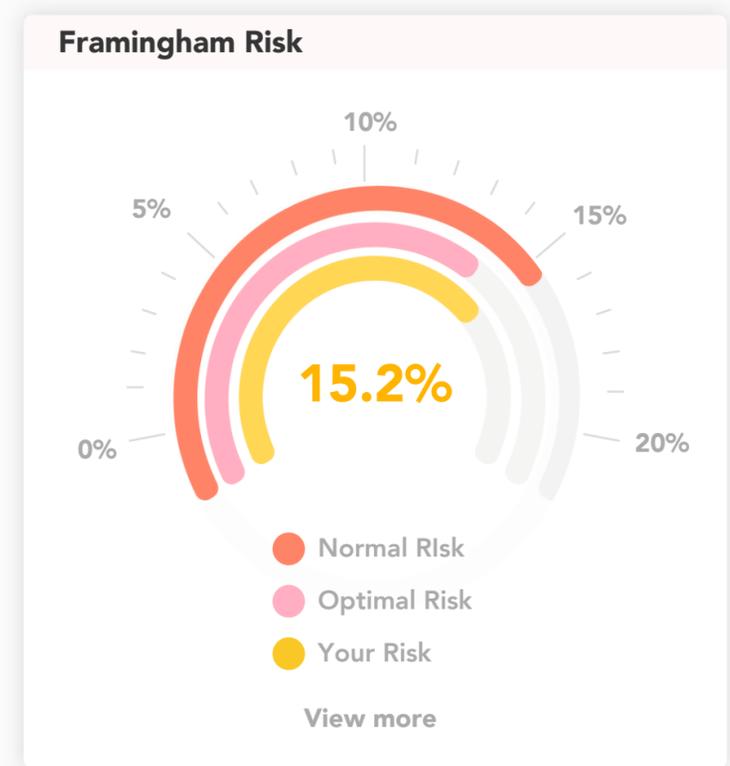
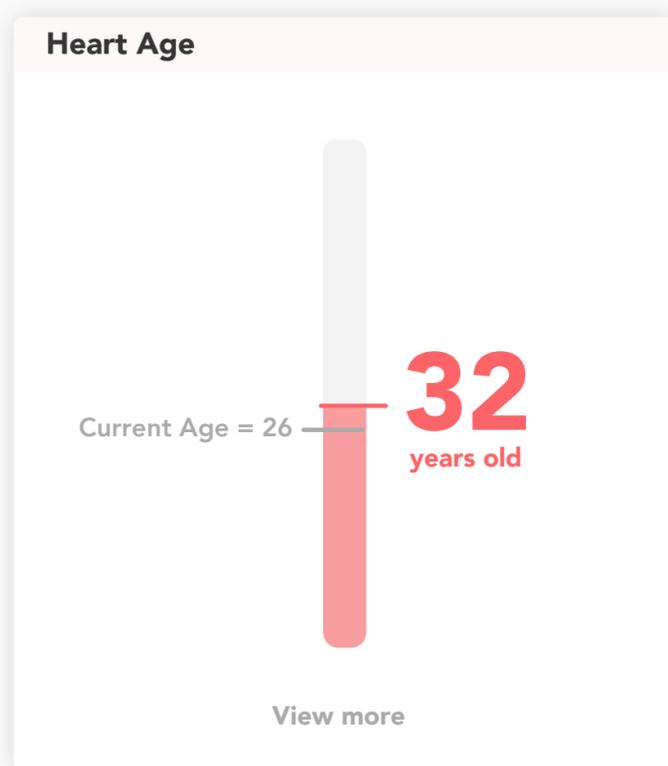
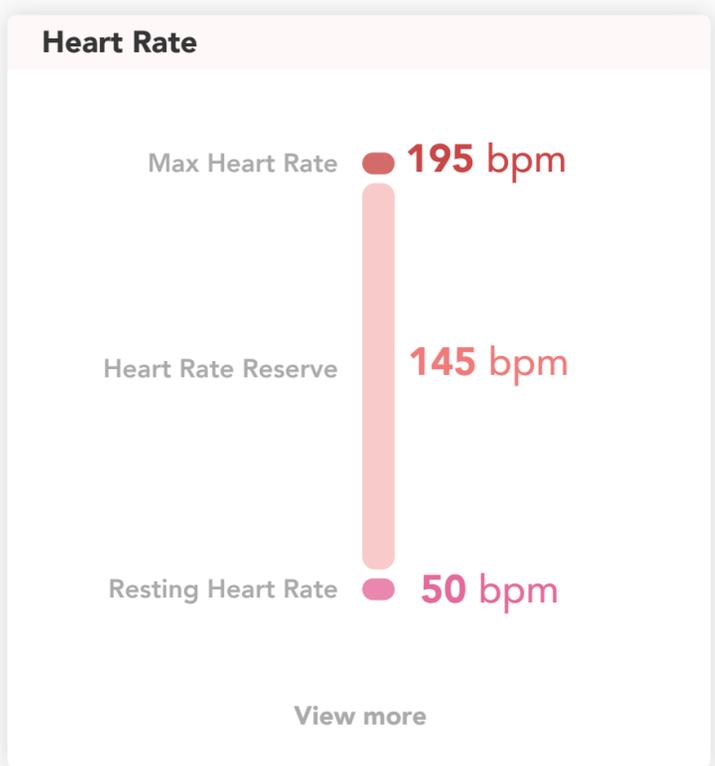
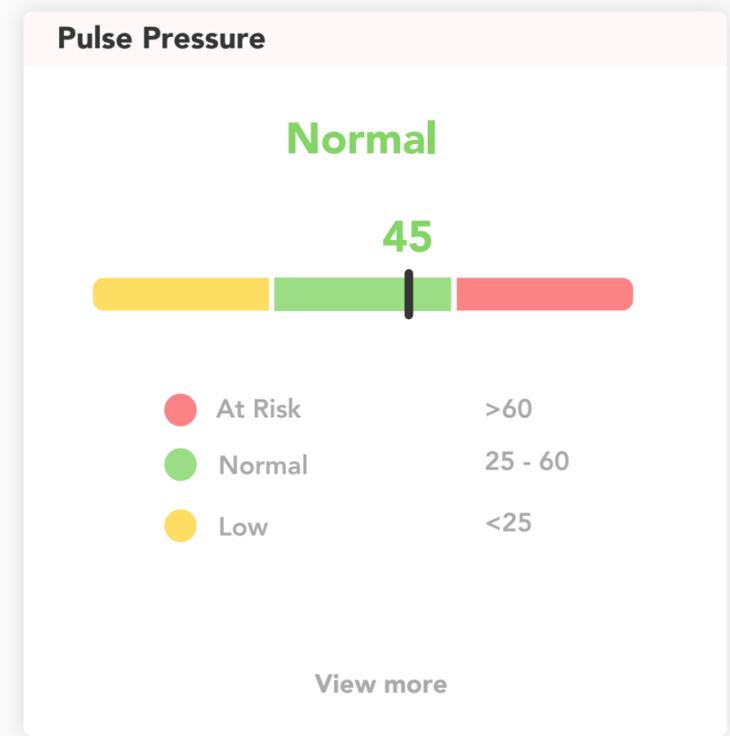
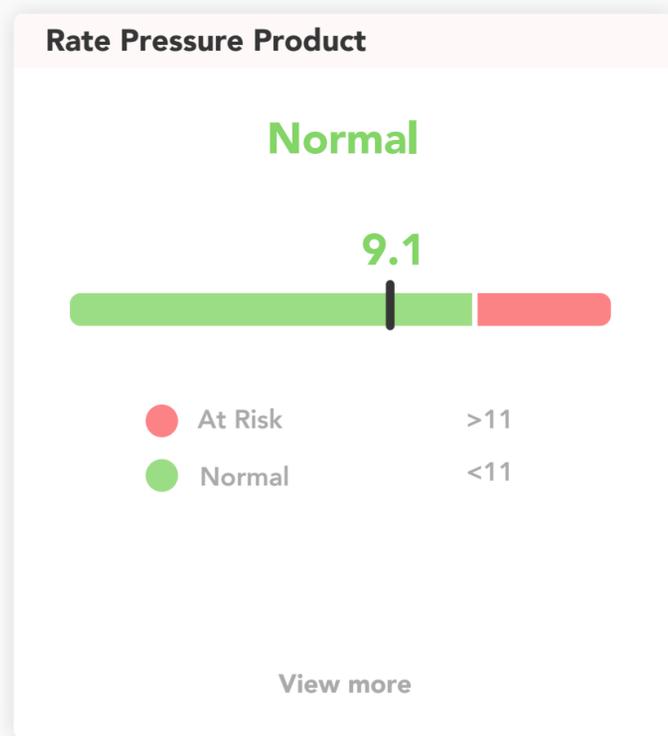
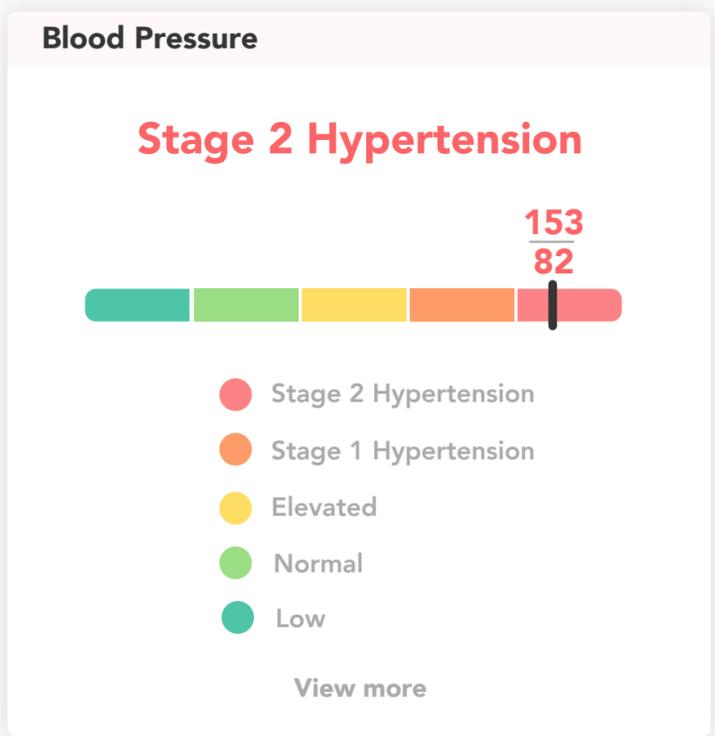
### Required Steps & Exercise Calories/Day

To not be sedentary	<b>&gt;4,823</b> STEPS/DAY	To reach optimal PAL	<b>&gt;9,635</b> STEPS/DAY
	<b>130</b> KCAL/DAY		<b>285</b> KCAL/DAY

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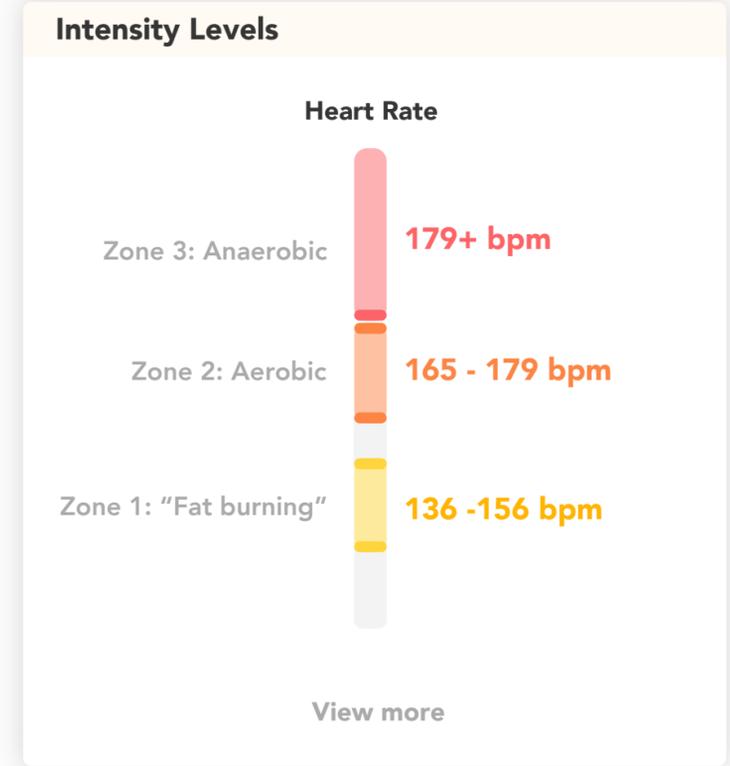
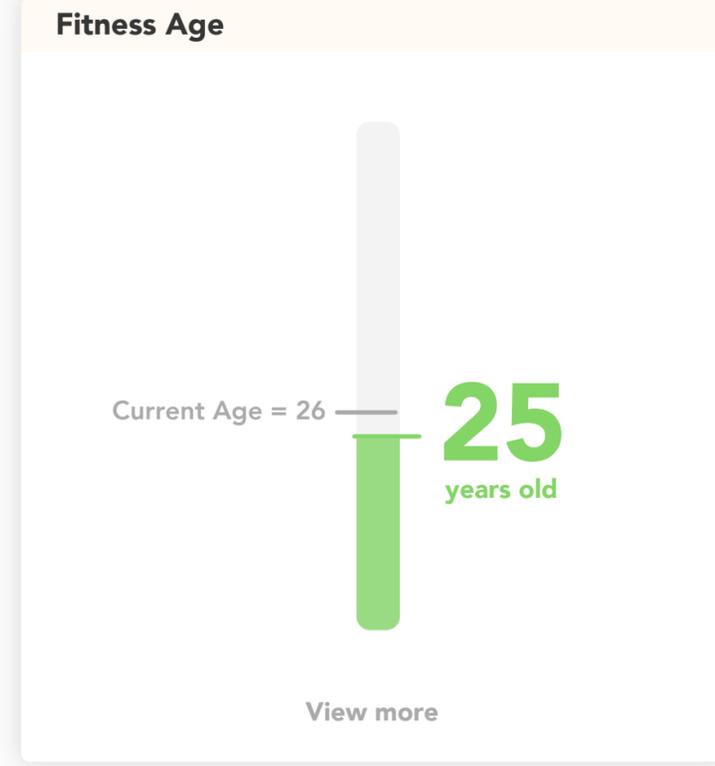
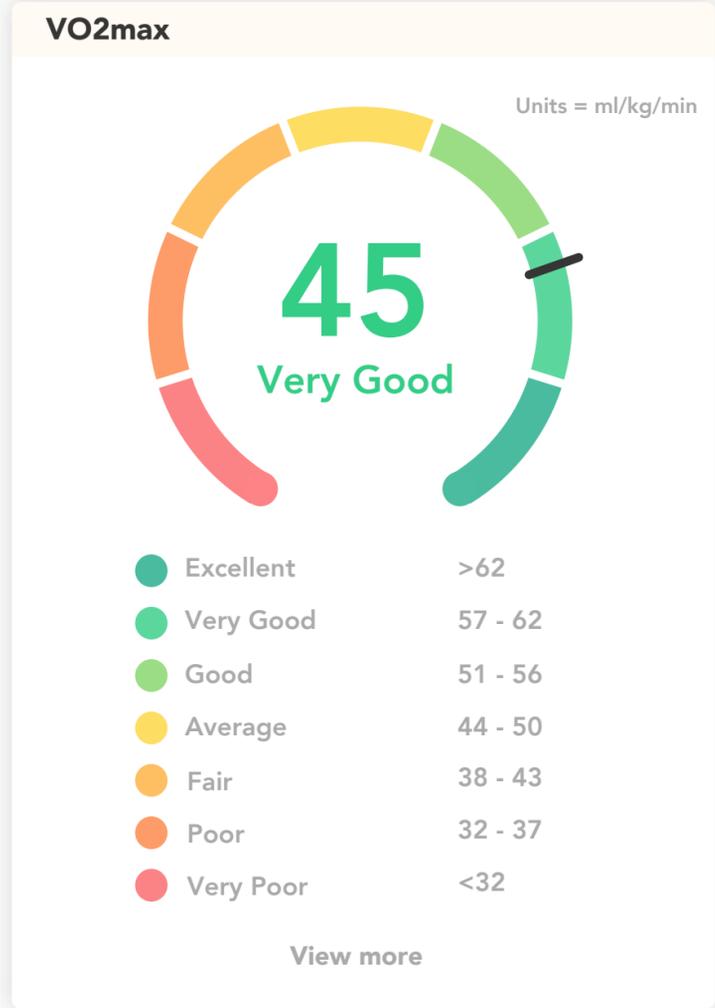
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### Plant-based Diet

#### Overall Index

**Poor**

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#### Green Leafy Vegetables

Excellent  
Sufficient  
**Deficient**  
Severely Deficient

**1 - 3**  
SERVINGS/DAY

[View more](#)

#### Colorful Fruits and Vegetables

Excellent  
Sufficient  
Deficient  
**Severely Deficient**

**0 - 1**  
SERVINGS/DAY

[View more](#)

#### Sulfur-rich Vegetables

Excellent  
**Sufficient**  
Deficient  
Severely Deficient

**2 - 3**  
SERVINGS/DAY

[View more](#)

### Red Meat

Overindulgent  
**Excessive**  
Fair  
Good

**3 - 5**  
SERVINGS/WK

[View more](#)

### Processed Meat

Overindulgent  
**Excessive**  
Fair  
Good

**3 - 5**  
SERVINGS/WK

[View more](#)

### Healthy Fats

Excellent  
Sufficient  
**Deficient**  
Severely Deficient

[View more](#)

### Sodium/Potassium Ratio

**Good**

[View more](#)

### Sugar/Fiber Ratio

**Good**

[View more](#)

### Gut Support

Excellent  
Good  
Moderate  
**Poor**

[View more](#)

### Water

Hydrated  
Possibly Dehydrated  
**Mildly Dehydrated**  
Dehydrated

[View more](#)

### Alcohol

**Overindulgent**  
Excessive  
Good  
Excellent

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### Sleep

**Deprived**

< 6 hours/night



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### Sitting

**Very Poor** 9+ HOURS/DAY

Poor

Good

Optimal



View more

### Smoking

**Smoker**

Trying to quit?

**Maybe**



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### Willingness to Change

#### Exercise



Precontemplation

Contemplation

Preparation

**Action**

Maintenance

#### Nutrition



Precontemplation

**Contemplation**

Preparation

Action

Maintenance

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### Stress



**High**

- Very High
- High
- Moderate
- Low
- Very Low

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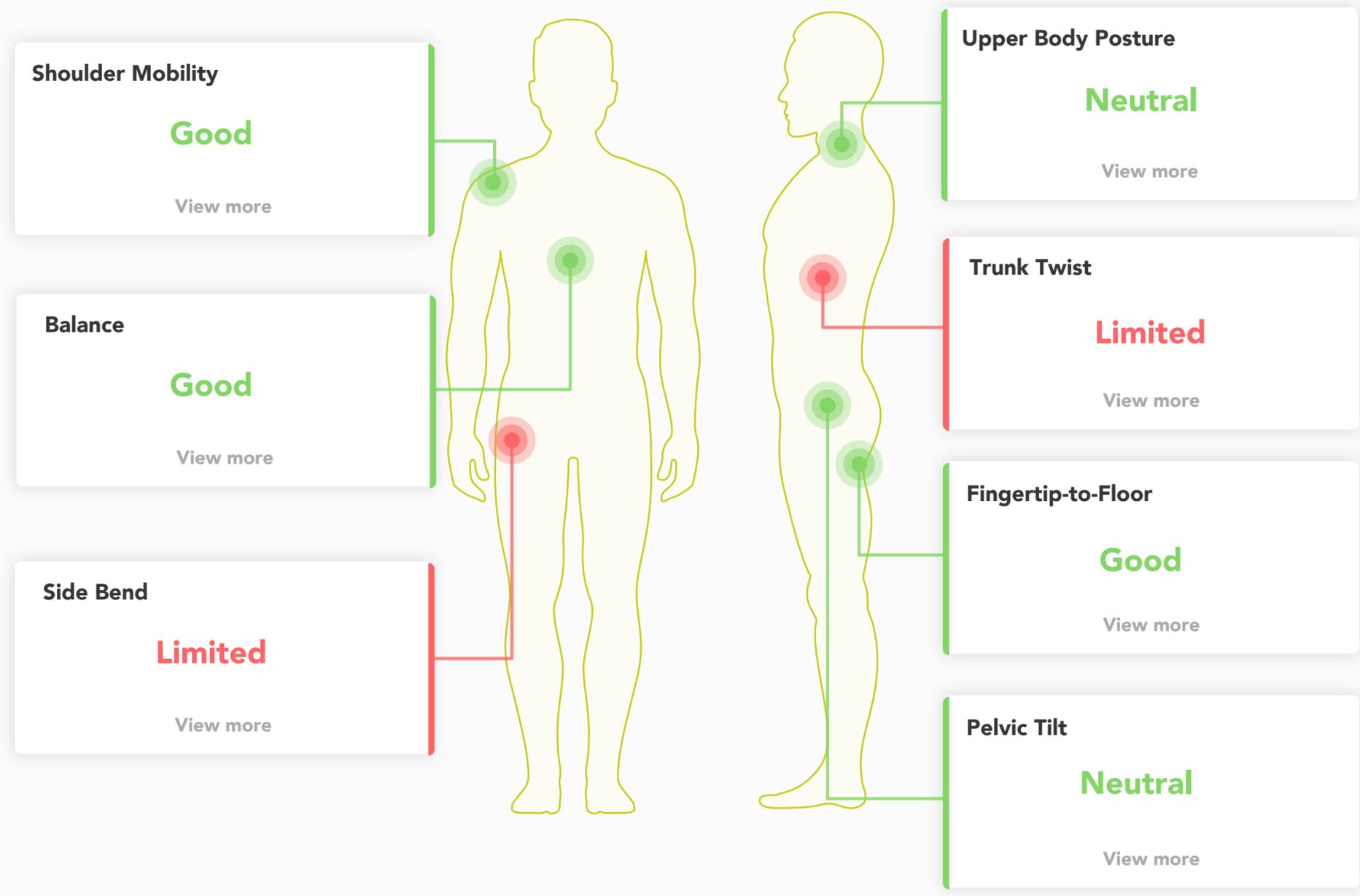
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- Recommendations**
- Calories**
- Sample Exercise Plan
- Lifestyle Checklist

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### Caloric Recommendations

Total Calories/Day  
**1613 kcal**

Carbohydrates	726 kcal	181 kcal
Fat	484 kcal	54 g
Protein	403 kcal	101 g

Water	Fiber
<b>16 cups</b>	<b>25g</b>
Sugar (max)	Sodium (max)
<b>160g</b>	<b>2300mg</b>

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**Sample Exercise Plan**

Skill: **Advanced**   Type: **General Fitness**   Location: **Home**

<p><b>Month 1</b></p> <p><b>Weeks 1 &amp; 2</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p><b>Weeks 3 &amp; 4</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p>Click to download</p>	<p><b>Month 2</b></p> <p><b>Weeks 5 &amp; 6</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p><b>Weeks 7 &amp; 8</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p>Click to download</p>	<p><b>Month 3</b></p> <p><b>Weeks 9 &amp; 10</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p><b>Weeks 11 &amp; 12</b></p> <p><a href="#">Mobile Version</a></p> <p><a href="#">Print Version</a></p> <p>Click to download</p>
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**Lifestyle Checklist**

Since your lowest grade was in **Cardiovascular Health**, below is a personalized checklist with tips on how to improve cardiovascular health through incremental lifestyle changes.

**You pledged to make a lifestyle change for: My Family**

**Instructions:** Your goal is to check off at least 1 item off the list ever week

**ACTIVITY**

- Take at least **8090 steps/day** to stay above optimal PAL
- Exercise 5+ days/week
- Burn at least **300 calories/day** from exercise
- Exercise at Zone 2 intensity 2+ days/week
- Exercise at Zone 3 intensity 1 day/week
- Switch up the type of exercise you do

**TIPS**

- Schedule certain days of the week that you designate as exercise
- Exercise for **45 minutes/day at Zone 1** intensity (HR = 145 - 162 bpm)  
OR  
Exercise for **30 minutes/day at Zone 2** intensity (HR = 164 - 176 bpm)  
OR  
Exercise for **21 minutes/day at Zone 3** intensity (HR = 176+ bpm)

**NUTRITION**

- Eat at least two handfuls of fruits and vegetables in a day
- Eat 2 handfuls of fruits and vegetables 3+ days per week
- Have more vegetables on your plate than meat
- Consume one meal per day without animal products

**SODIUM/POTASSIUM**

- Eliminate 1 food high in sodium from your diet
- Cook at home 2+ days per week
- Don't consume any processed foods for at least 1 day per week
- Don't consumer more than **2300mg** of sodium per day

**TIPS**

- Try to change your mindset to think of each meal as "fruit and vegetables, with a side of meat"
- Consume 1 large salad a day
- Add fruit as a side to your meals or as a midday snack
- Always buy produce when going to the grocery store
- Have fruit and vegetables in the kitchen for easy access

**TIPS**

- Look at food labels and note the sodium content. When possible select "no salt added" or "low sodium"
- Select food around the perimeter of grocery stores (ex. produce section) and with shorter ingredient lists. These foods are generally less processed
- Season foods with herbs and spices rather than salt
- Foods with more than 400mg are considered high in sodium

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