



Log out

Questionnaires

Scores

Activity

Heart

Fitness

Nutrition

Behavior

Musculoskeletal

+ Recommendations

Provider Notes

The logo for HealthSnap, with "Health" in orange and "Snap" in grey.

Assessment Date

June 23, 2017

Patient

George Caldwell

Male, 43 years olds, Caucasian

View medical history >

Phone: (888) - 780-1872

Email: Patient@healthsnapsolutions.com

Provider

John Smith, MD

HealthSnap Solutions

1951 NW 7th Ave, Miami, FL 33136

Phone: (888) 780-1872

Email: info@healthsnapsolutions.com

[View report disclaimer](#)



Questionnaires

Scores

Provider Notes



5.6



View more

Average

4.5



View more

Poor

3.9



View more

Excellent

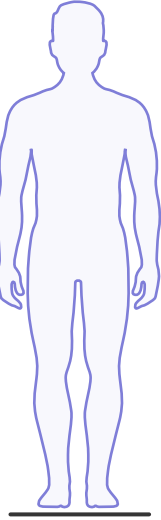
8.2



View more

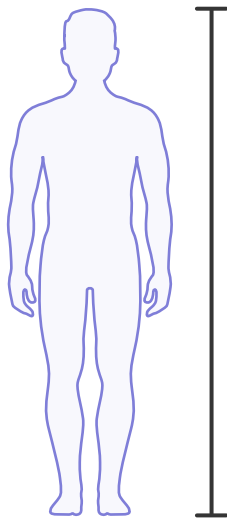
- Report Info
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Body Weight



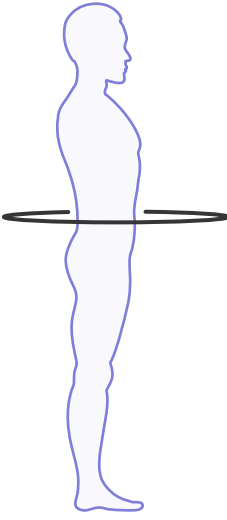
175lbs

Height



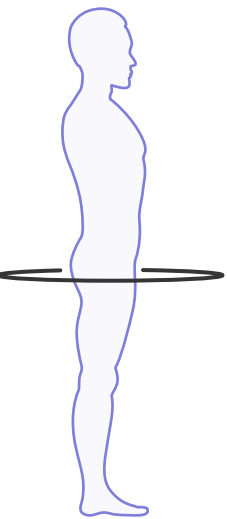
6'1"

Waist Circumference



31in

Hip Circumference




39in

BMI

Normal

22.6



Obese

>30

Overweight

25 - 29.9

Normal

18.5 - 24.9

Underweight


<18.5

View more

Body Fat

Healthy

13.6%



Poor

>22.5%

Below Average

17.5 - 22.4%

Average

14 - 17.4%

Healthy

9.4 - 13.9%

Lean/Fit

3 - 9.3%

Essential


<3%

View more

Waist/Height Ratio

At Risk

56%



Very High Risk

>63%

High Risk

58 - 62.9%

At Risk

53 - 57.9%

Healthy/Normal

46 - 52.9%

Slender/Healthy

43 - 45.9%

Extremely Thin

35 - 42.9%

Essential


<35%

View more

Waist/Hip Ratio

Moderate Risk

85%



Very High Risk

>94%

High Risk

88 - 94%

Moderate Risk

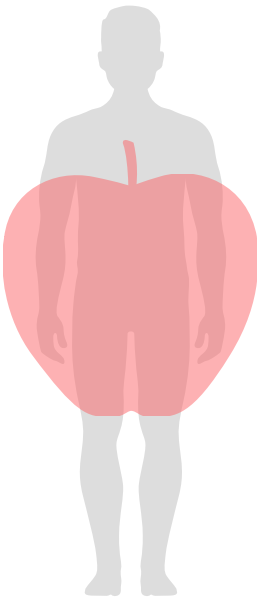
83 - 88%

Low Risk

<83%

View more

Fat Patterning



Android

Fat Patterning

View more

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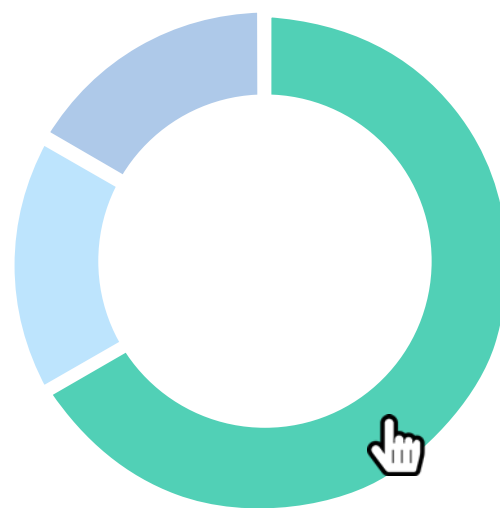
Current Weekly Exercise

Crossfit **5** DAYS/WEEK **60** MINUTES/SESSION

Running 8mph **2** DAYS/WEEK **30** MINUTES/SESSION

Total Daily Energy Expenditure (TDEE)

TDEE **2370 kcal**



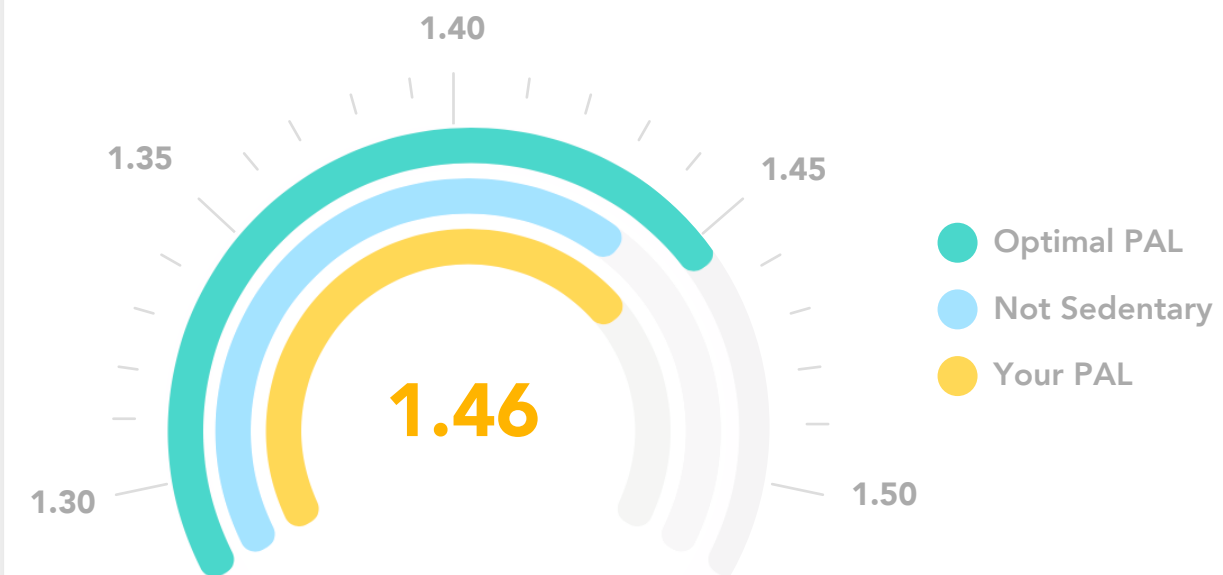
Basal Metabolic Rate
1910 kcal

Exercise Expenditure
370 kcal

Miscellaneous Expenditure
290 kcal

View more

Physical Activity Level (PAL)



View more

Required Steps & Exercise Calories/Day



To not be sedentary
>4,823 STEPS/DAY
130 KCAL/DAY



To reach optimal PAL

>9,635 STEPS/DAY

285 KCAL/DAY

View more

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 Export to PDF

Blood Pressure

Stage 2 Hypertension



- Stage 2 Hypertension
- Stage 1 Hypertension
- Elevated
- Normal
- Low

View more

Rate Pressure Product

Normal

9.1



- At Risk >11
● Normal <11

View more

Pulse Pressure

Normal

45



- At Risk >60
- Normal 25 - 60
- Low <25

View more

Heart Rate

Max Heart Rate  **195 bpm**

Heart Rate Reserve **145 bpm**

Resting Heart Rate 50 bpm

View more

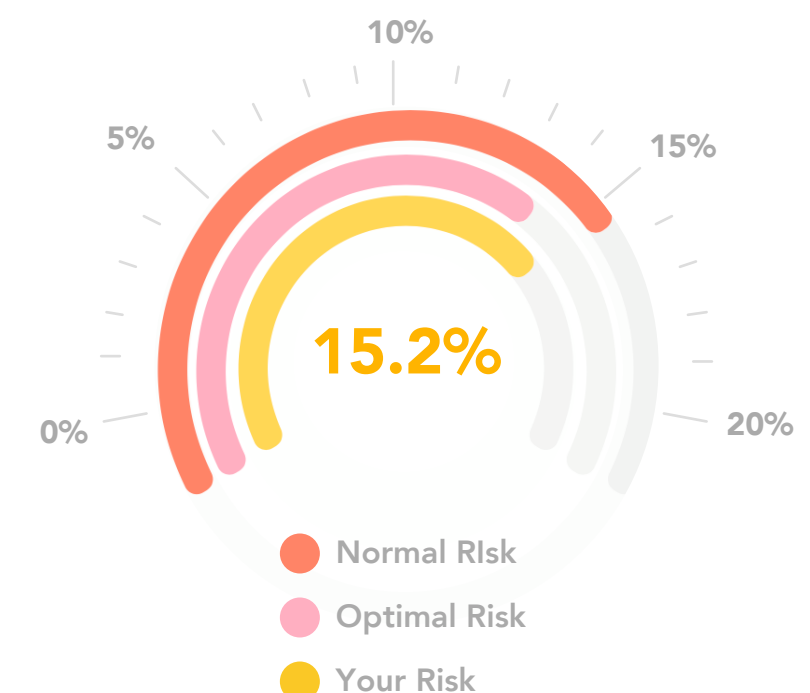
Heart Age

Current Age = 26

32
years old

View more

Framingham Risk



View more

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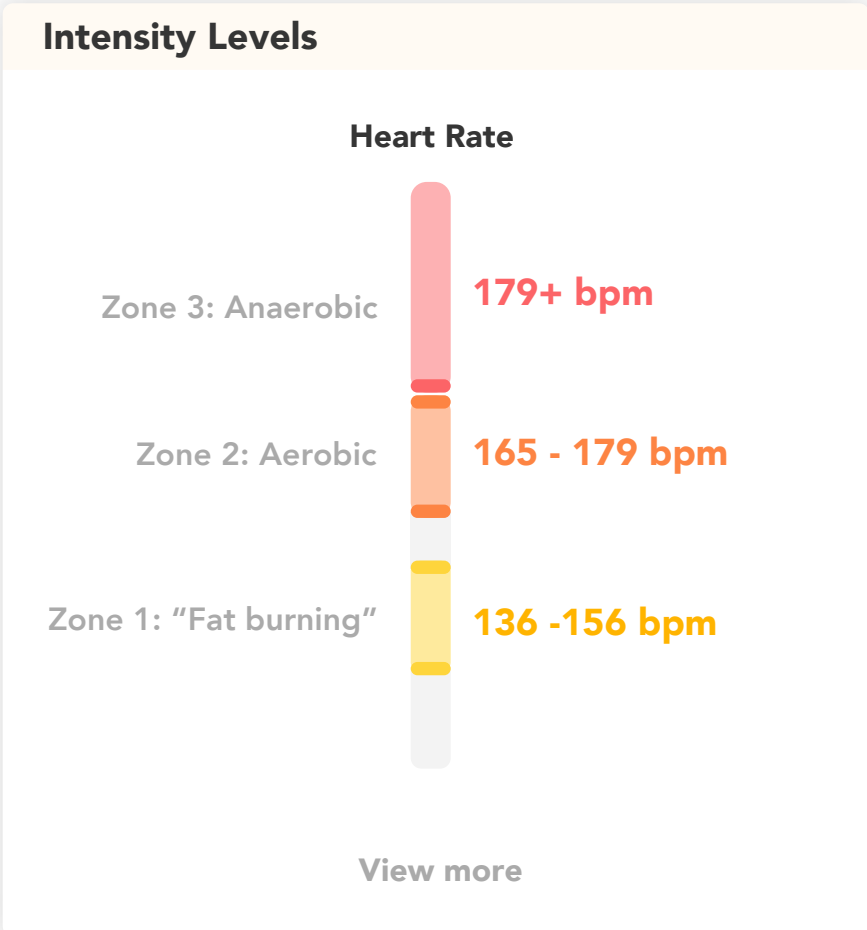
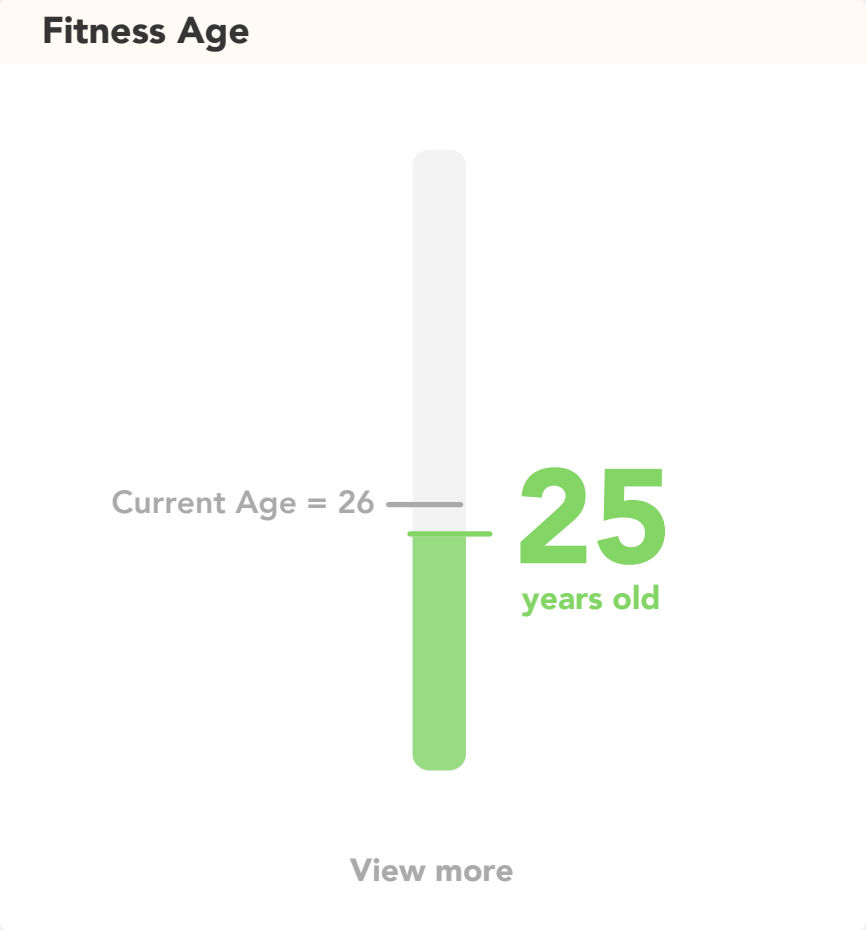
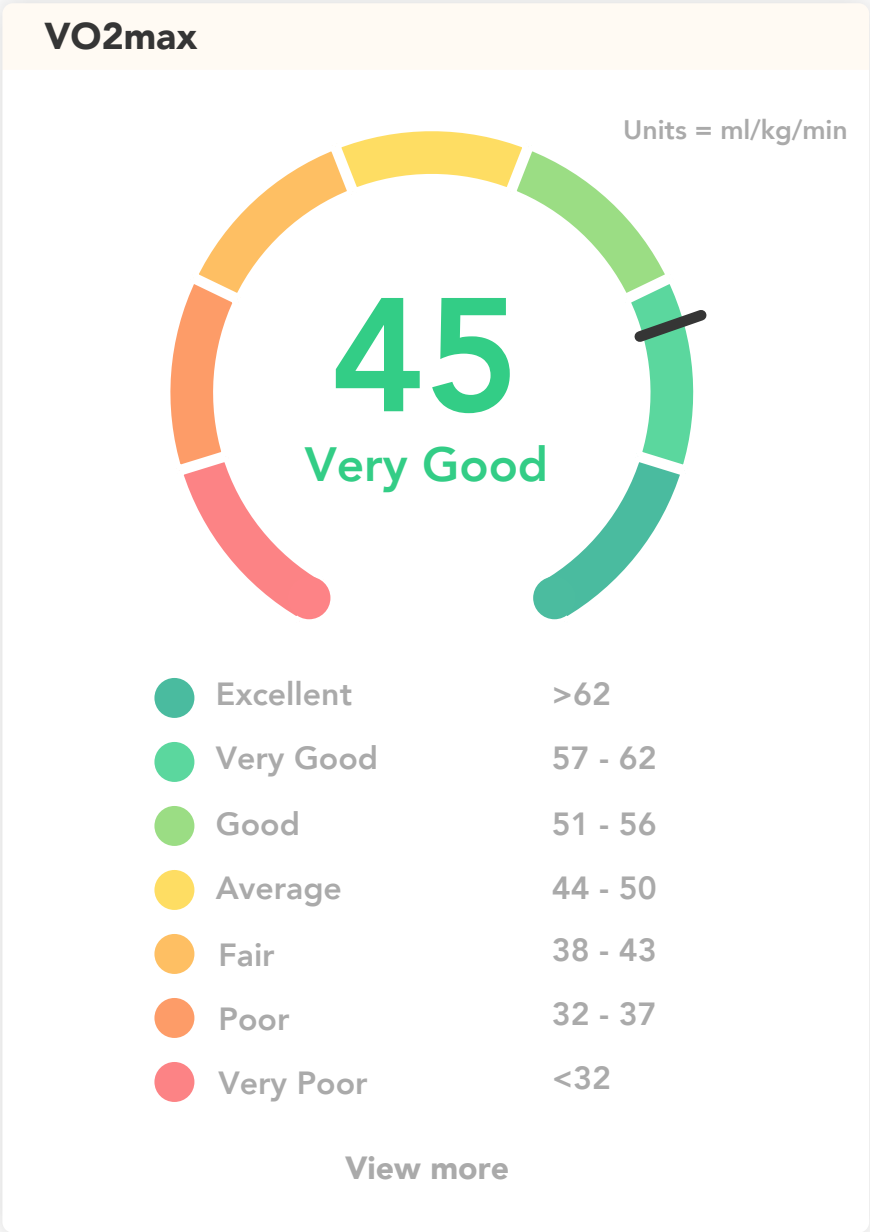
Behavior

Musculoskeleta

+ Recommendations

Provider Note

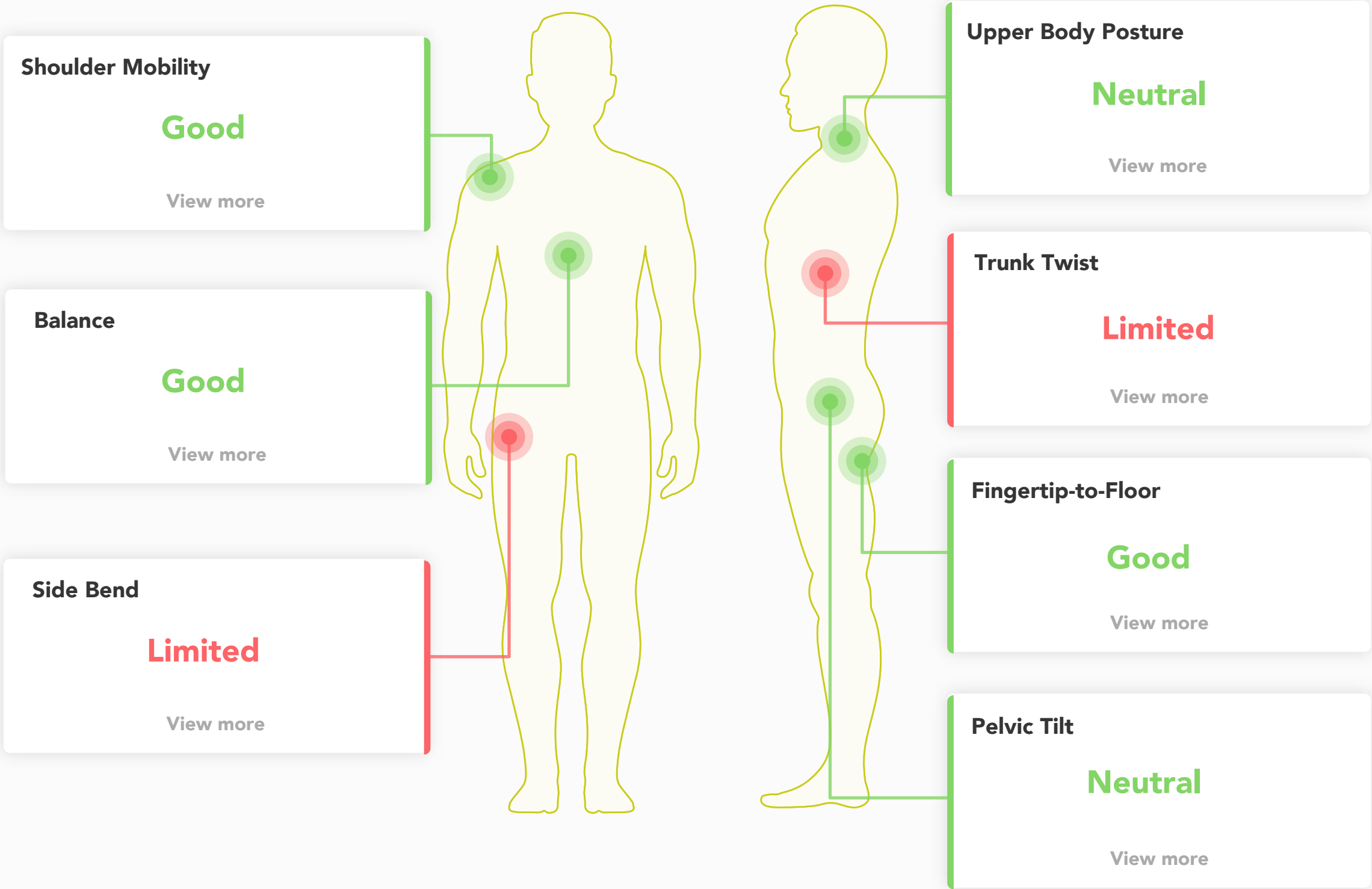
 Export to PDF

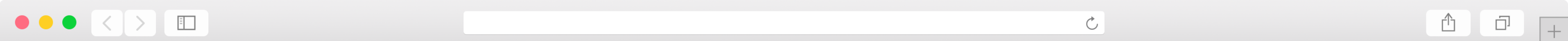


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Calories

Sample Exercise Plan

Lifestyle Checklist

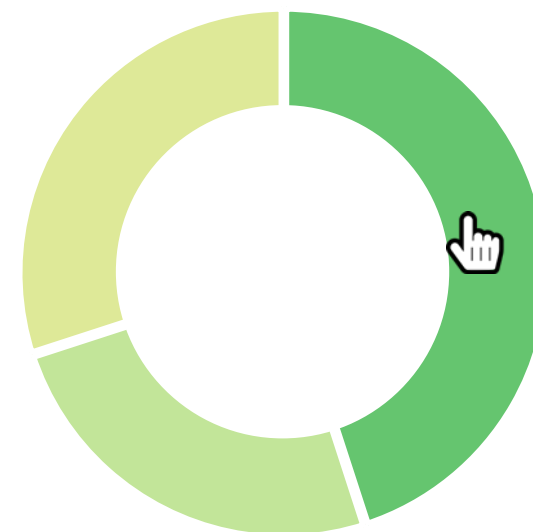
Provider Notes



Caloric Recommendations

Total Calories/Day

1613 kcal



Carbohydrates

726 kcal

181 kcal

Fat

484 kcal

54 g

Protein

403 kcal

101 g

View more

Water

16 cups

Fiber

25g

Sugar
(max)

160g

Sodium
(max)

2300mg

