

## ★ Scores

Overall Health Score  
6.1 **Good**

Metabolic Score  
8.3 **Excellent**

Cardiovascular Score  
5.3 **Fair**

Nutrition Score  
3.4 **Poor**

## 🕒 Body Composition

Body Weight  
175 lb

Height  
6'1"

Waist Circumference  
31 in

Hip Circumference  
39 in

BMI  
22.1 **Good**

Body Fat  
8% **Lean/Fit**

Lean Body Mass  
165 lb

Waist / Height  
56% **At Risk**

Waist / Hip  
94% **Very High Risk**

Fat Patterning  
**Neutral**

## 🏃 Activity

Total Daily Energy Expenditure  
2340 kcal

Physical Activity Level (PAL)  
1.55 **Above Optimal**

## ❤️ Heart

Resting Heart Rate  
65 bpm

Max Heart Rate  
195 bpm

Heart Rate Reserve  
130 bpm

Blood Pressure  
115/79 **Normal**

Rate Pressure Product  
7.8 **Normal**

Pulse Pressure  
40 mmHg **Normal**

Heart Age  
65 **Above Age**

10-Year CVD Risk  
4.2%

## 🏋️ Fitness

VO2max  
43.1 **Very Good**

Fitness Age  
35 **Below Age**

## 🍏 Nutrition

Plant-Based Index  
7.8 **Good**

SOFAS Index  
6.8 **Good**

Healthy Fat Index  
3.1 **Poor**

Sugar/Fiber Index  
5.2 **Fair**

Gut Support Index  
8.1 **Excellent**

Hydration Index  
1.3 **Very Poor**

Antioxidant Index  
3.1 **Poor**

Anti-Inflammation Index  
6.1 **Good**

Brain Support Index  
6.4 **Good**

Medi Diet Index  
1.9 **Very Poor**

Green Leafy Vegetables  
**Fair**

Broccoli & Cabbages  
**Good**

Red, Orange, & Yellow Vegetables  
**Good**

Beans & Peas  
**Deficient**

Berries  
**Fair**

Fruit (not berries)  
**Excellent**

Onions & Garlic  
**Fair**

Red Meat  
**Excellent**

Processed Meat  
**Excessive**

Water  
**Fair**

Alcohol  
**Fair**

## 🧠 Behavior

Sleep Index  
8.1 **Excellent**

Sitting Index  
1.3 **Very Poor**

Stress Index  
3.1 **Poor**

Memory  
6.1 **Good**

## 🦴 Musculoskeletal

Upper Body Posture  
**Neutral Posture**

Pelvic Tilt  
**Neutral Pelvic Tilt**

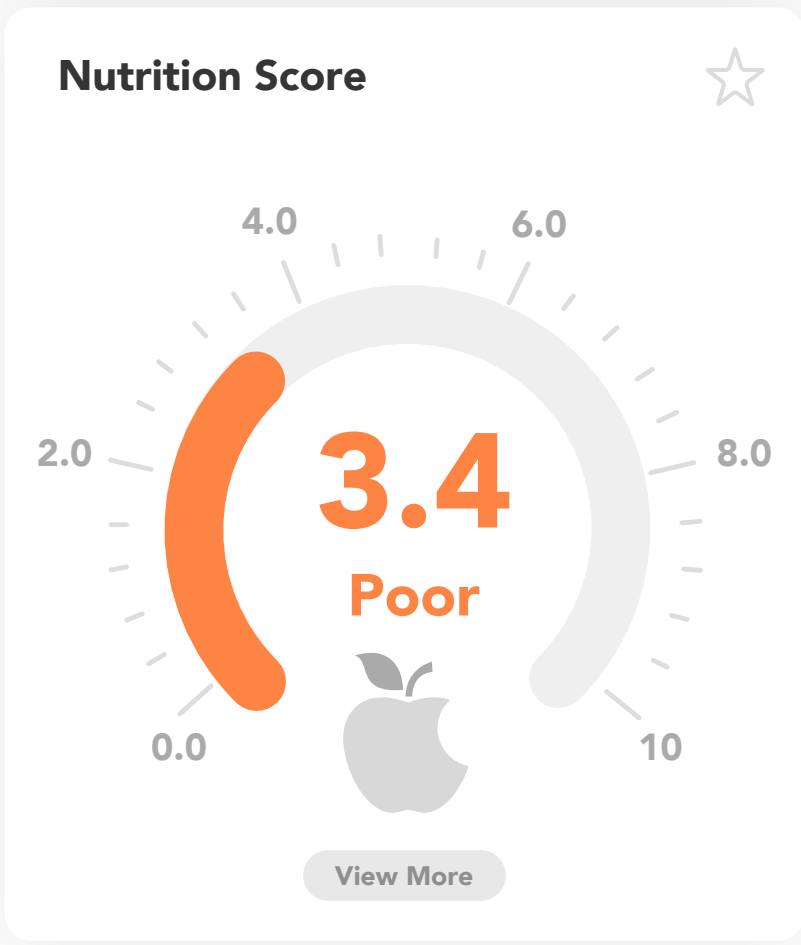
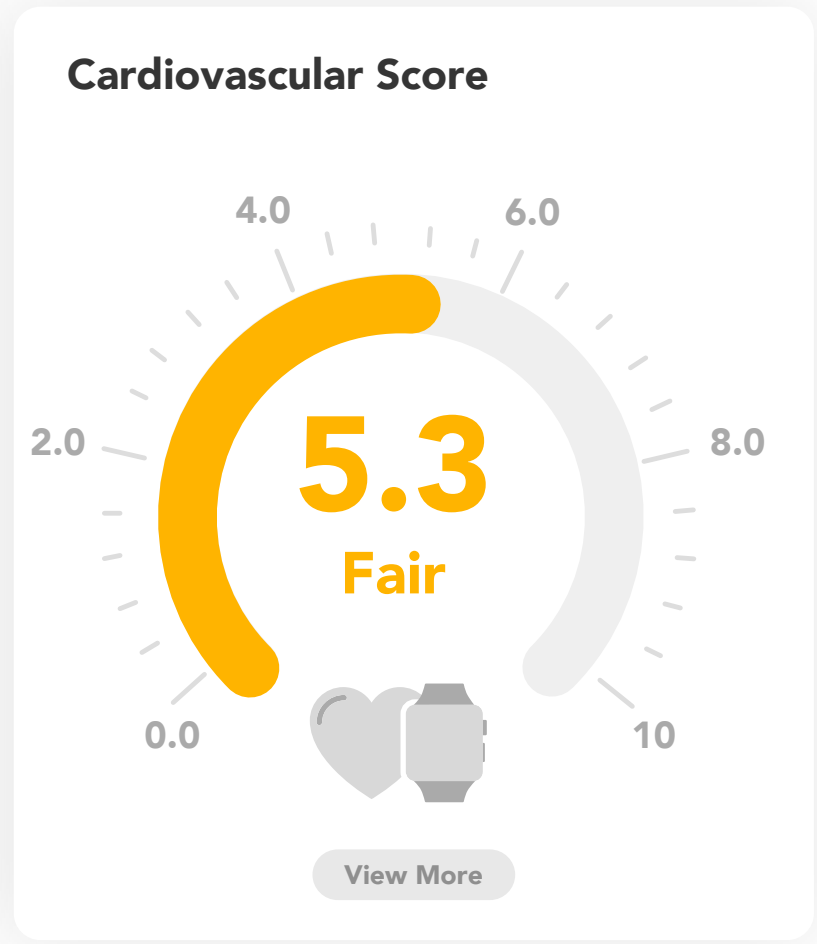
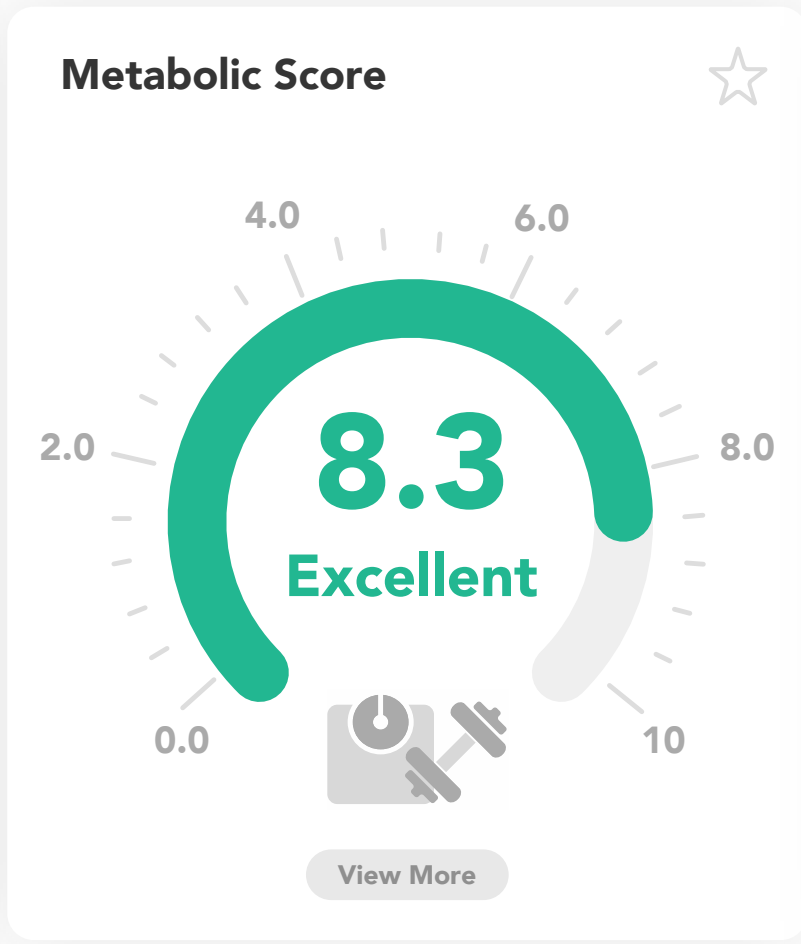
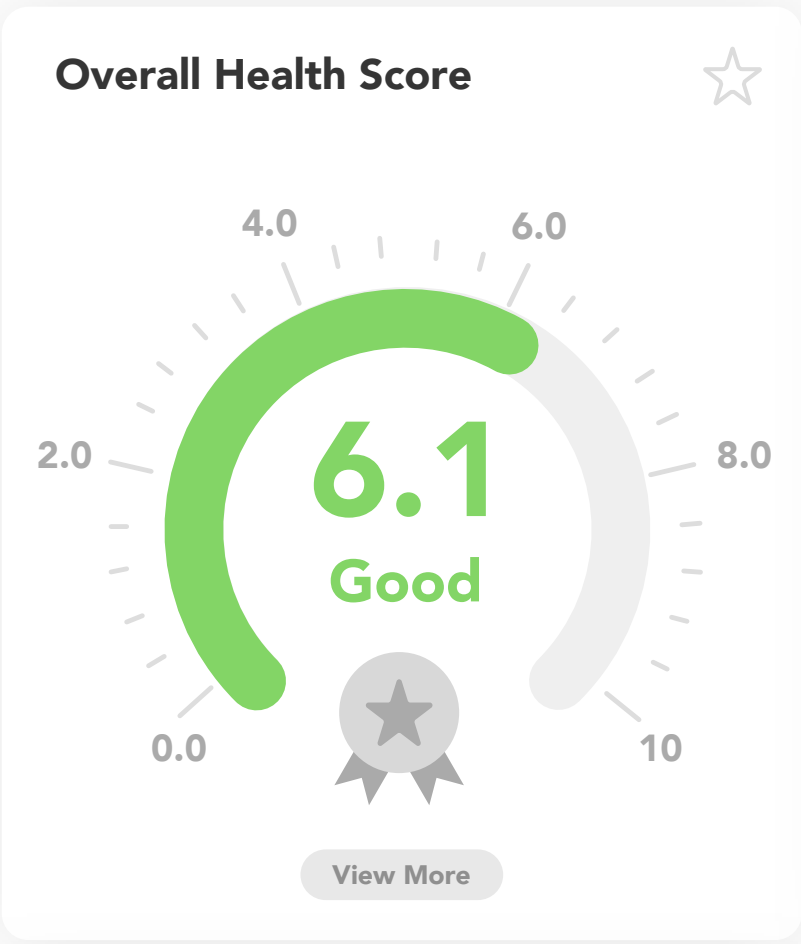
Trunk Twist  
**Limited Rotation**

Fingertip-to-Floor  
**Limited Trunk Flexion**

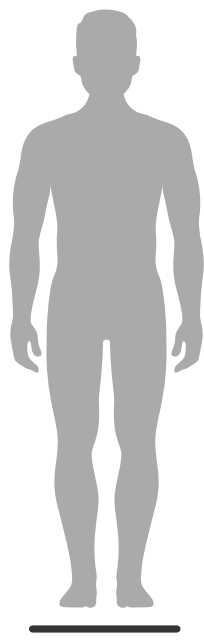
Side Bend  
**Good Side Flexion**

Shoulder Mobility  
**Good Mobility**

Balance  
**Good Balance**



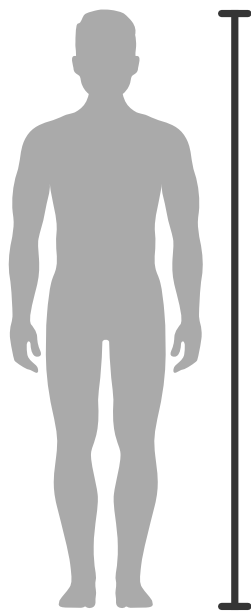
### Body Weight



175 lbs

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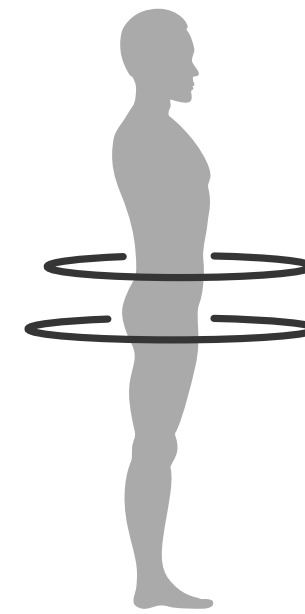
### Height



6 ft 1 in

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### Circumferences



Waist 30 in

Hip 39 in

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### BMI



Normal

22.6



- Obese >30
- Overweight 25 - 29.9
- Normal 18.5 - 24.9
- Underweight <18.5

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### 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%

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### 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%

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### Waist / Hip Ratio



Moderate Risk

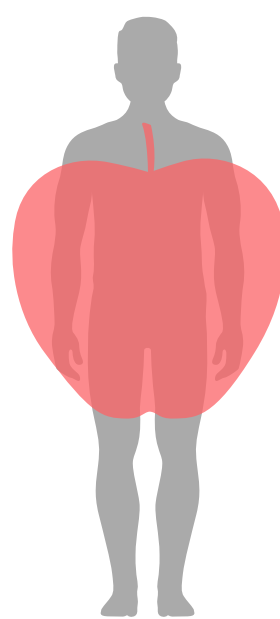
85%



- Very High Risk >94%
- High Risk 88 - 94%
- Moderate Risk 83 - 88%
- Low Risk <83%

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### Fat Patterning

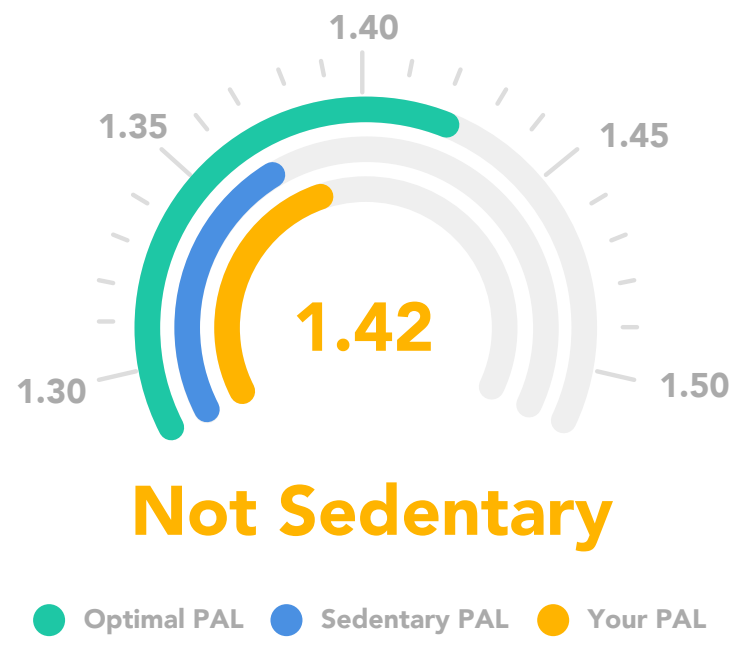


Android

Fat Patterning

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### Physical Activity Level



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### Current Exercise



**Crossfit**  
2 days/week x 45 minutes/session

**Running (8mph)**  
2 days/week x 30 minutes/session

**Hatha Yoga**  
1 days/week x 60 minutes/session

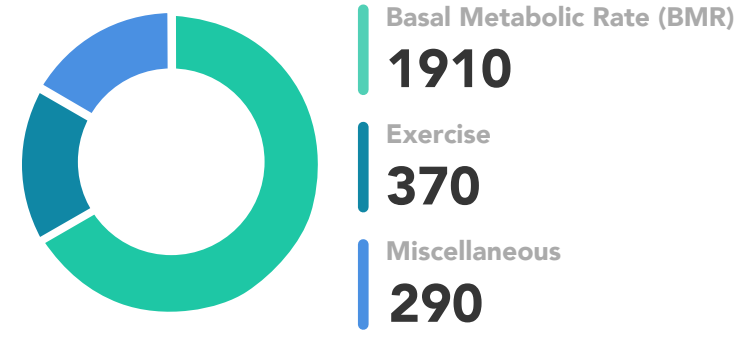
More activities listed in "view more"

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### Energy Expenditure

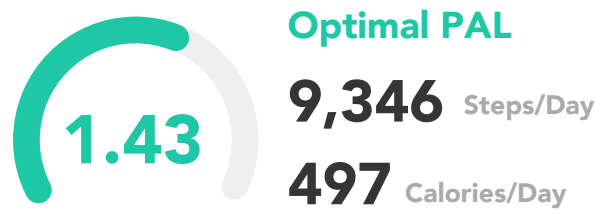
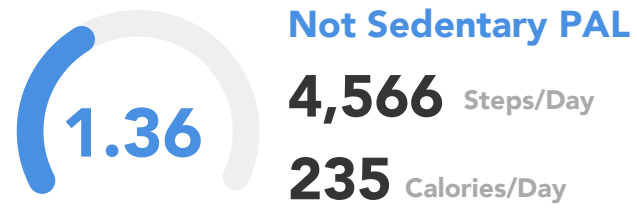


Daily Total  
**2370** kcal



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### Activity Equivalents



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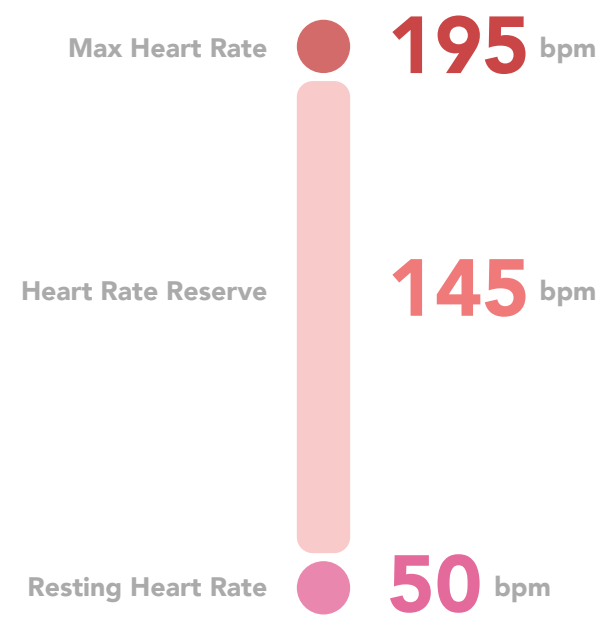
### Current Exercise



**452** kcal  
Avg. "Active Energy" in last 7 days

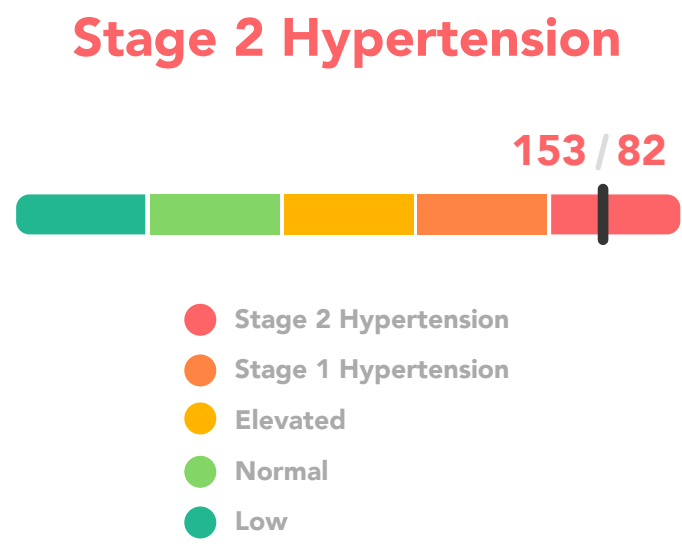
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### Heart Rates



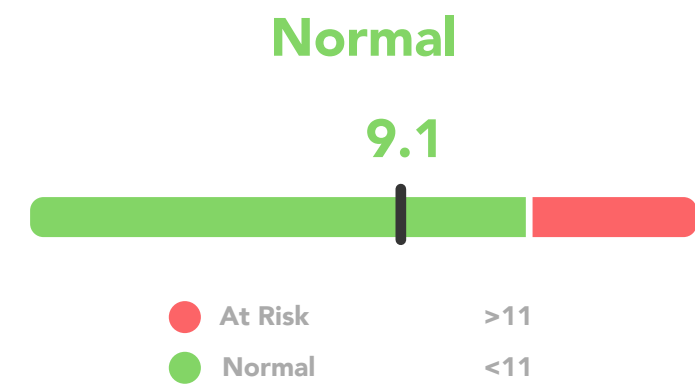
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### Blood Pressure



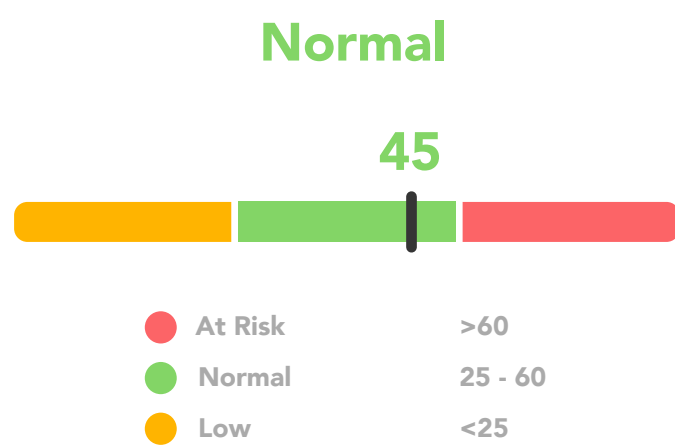
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### Rate Pressure Product



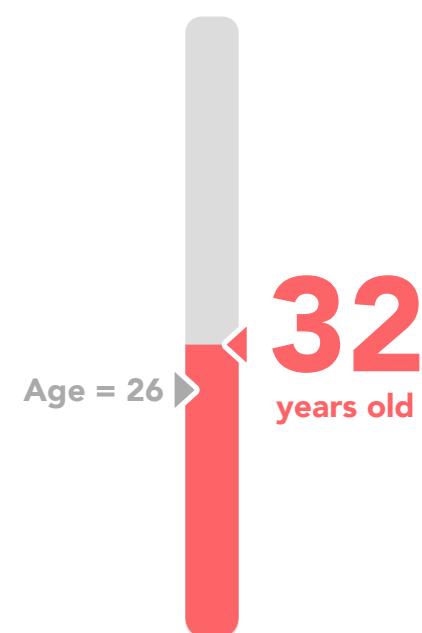
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### Pulse Pressure



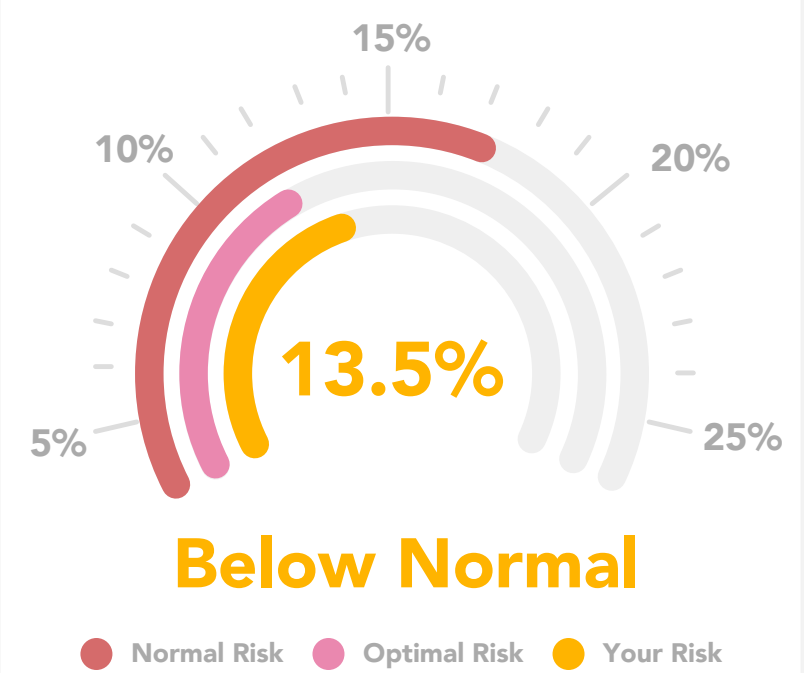
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### Heart Age



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### Framingham Risk



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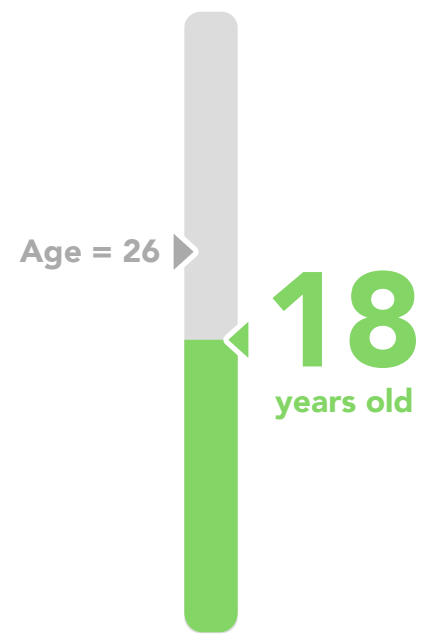
### VO2max



Excellent	>62
Very Good	57 - 62
Good	51 - 56
Average	44 - 50
Fair	38 - 43
Poor	32 - 37
Very Poor	<32

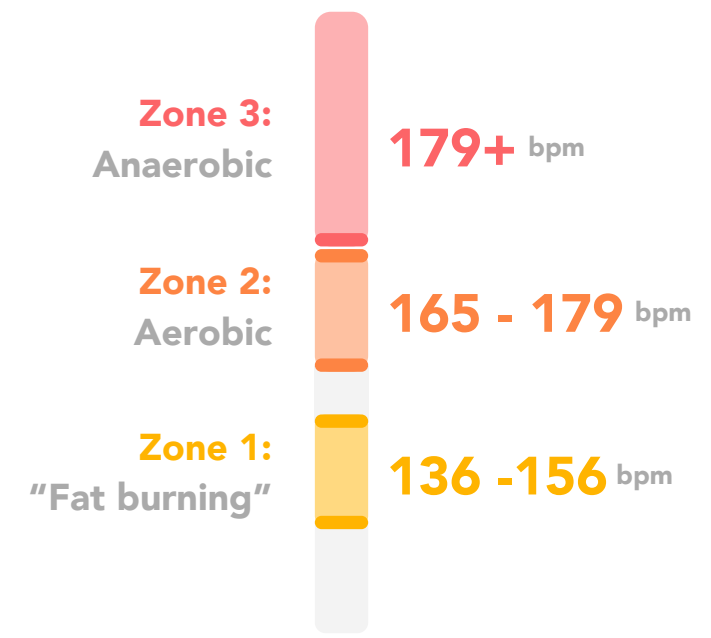
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### Fitness Age



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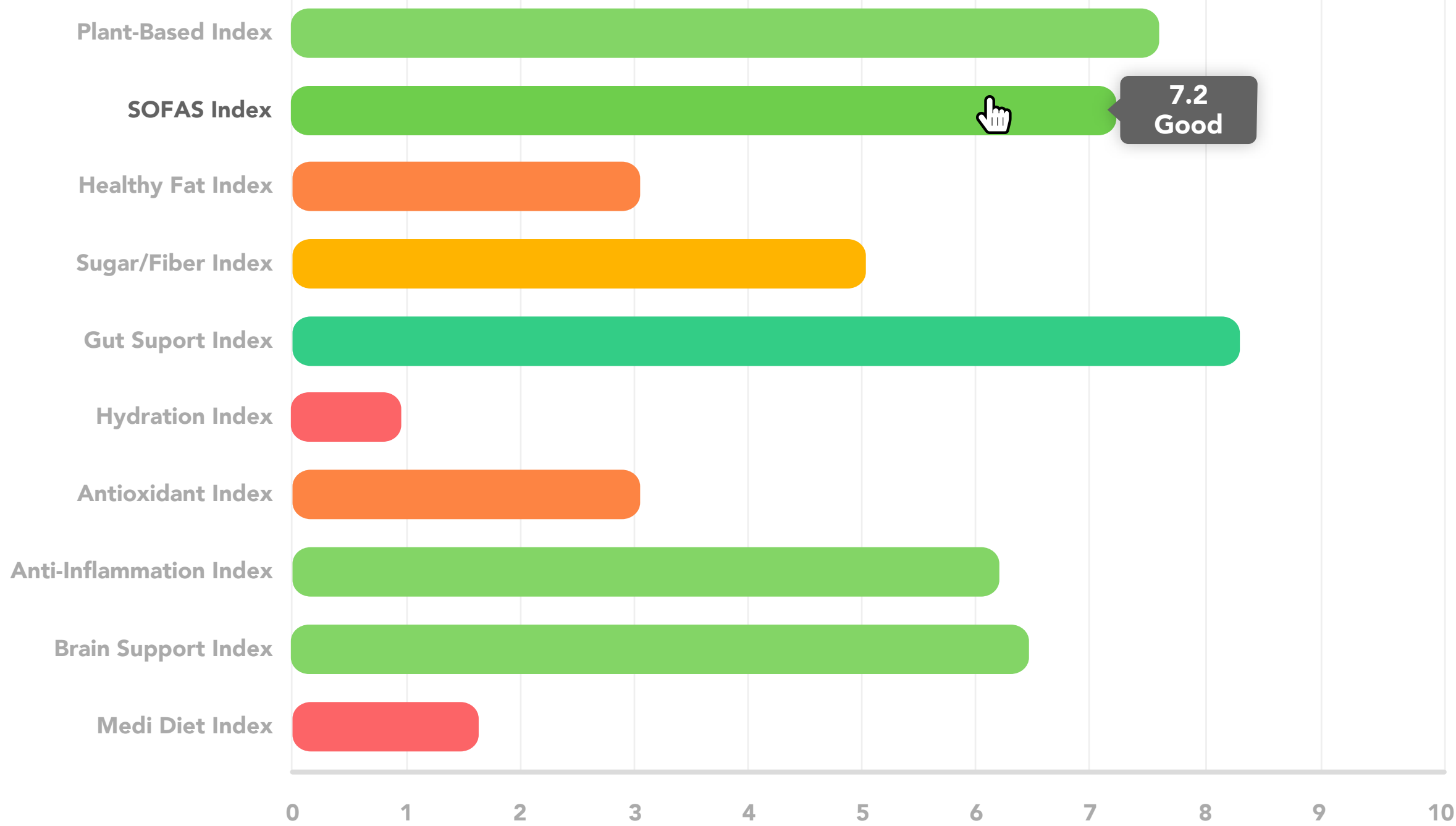
### Exercise Zones



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**Nutrition Indexes**

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Show Individual Outputs ▲

**Green Leafy Vegetables** ☆

Raw: **1 Cup/Day**  
Cooked: **0.5 Cups/Day**

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**Broccoli & Cabbages** ☆

**1 Cup/Day**

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**Red, Orange, & Yellow** ☆

**1 Cup/Day**

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**Onions & Garlic** ☆

**Rarely**

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**Beans & Peas** ☆

**0.5 Cups/Day**

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**Berries** ☆

**1 Cup/Day**

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**Fruit (not berries)** ☆

**1 Cup/Day**

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**Red Meat** ☆

**2 Palm-Sized Servings/Week**

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**Processed Meat** ☆

**3 Palm-Sized Servings/Week**

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**Alcohol** ☆

**2 Drinks/Day**

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**Water** ☆

**4 Cups/Day**

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**Diet Type** ☆

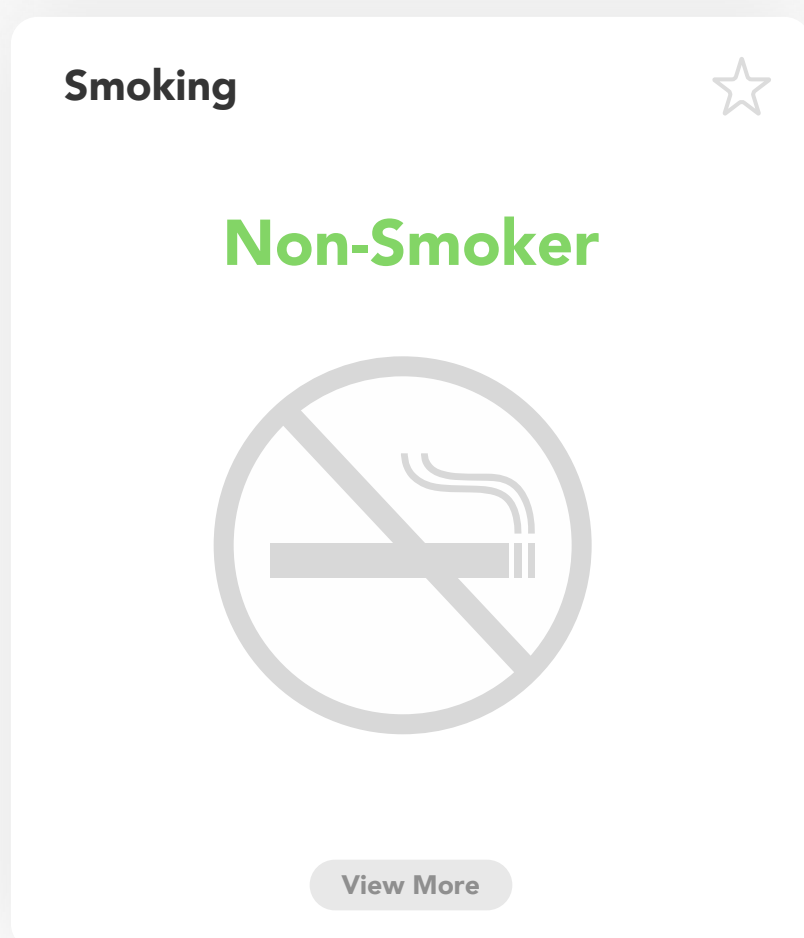
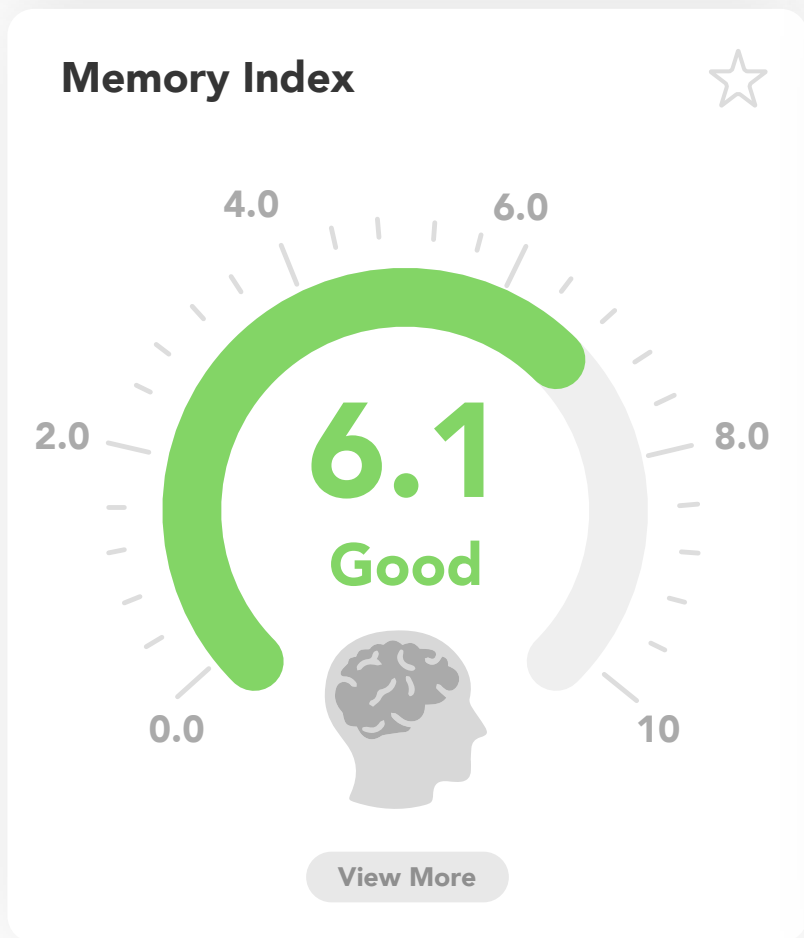
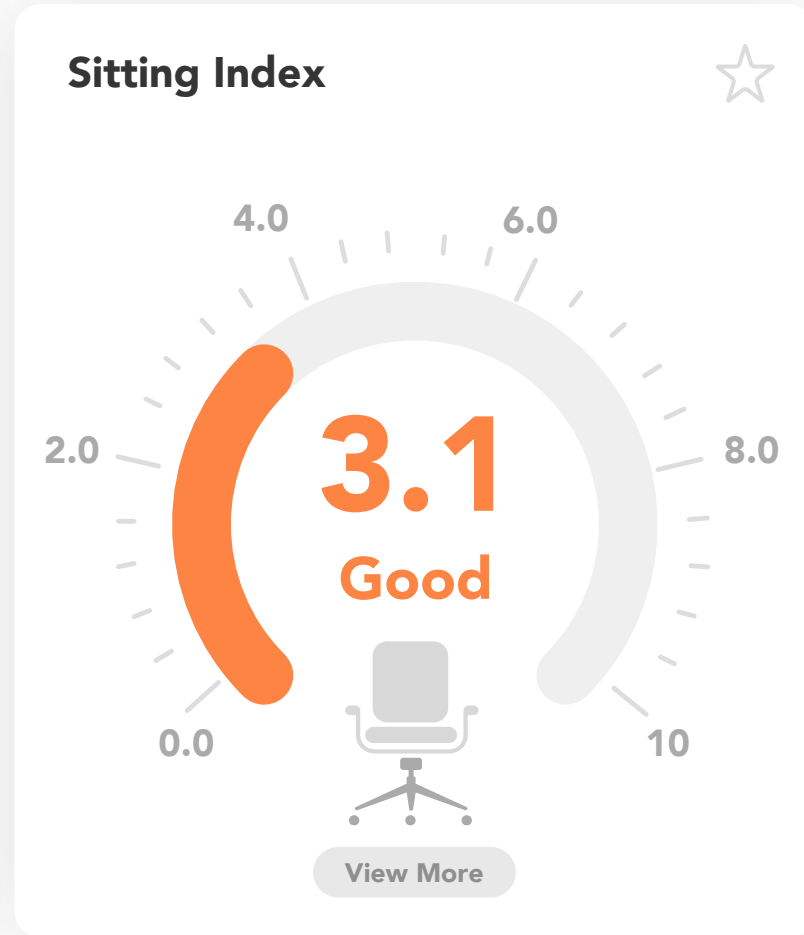
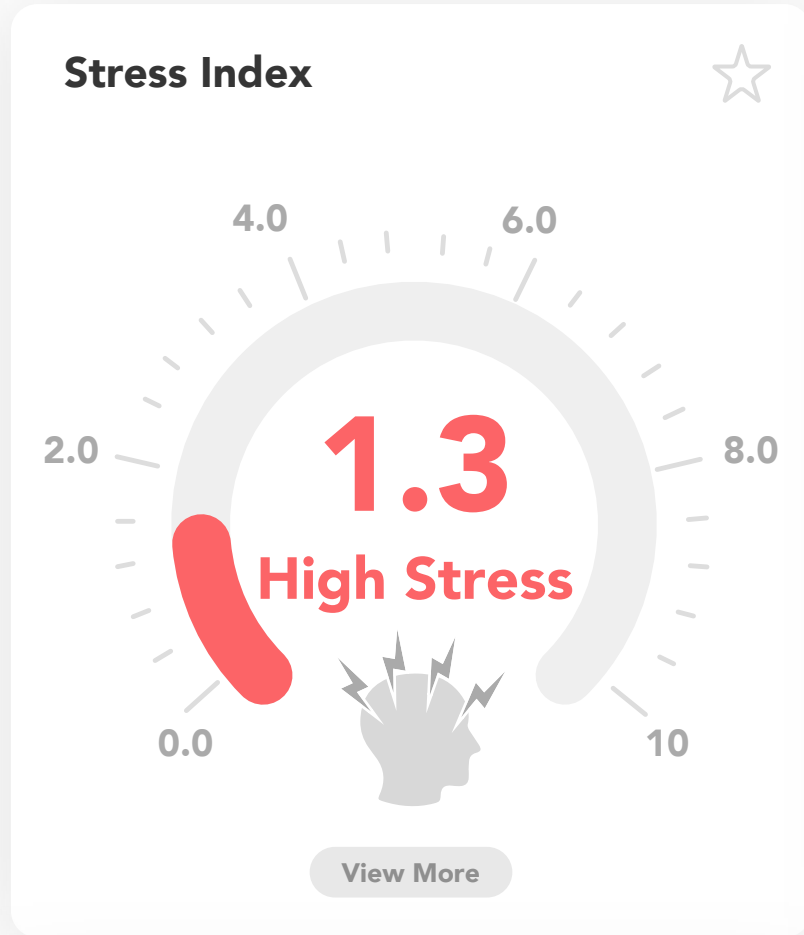
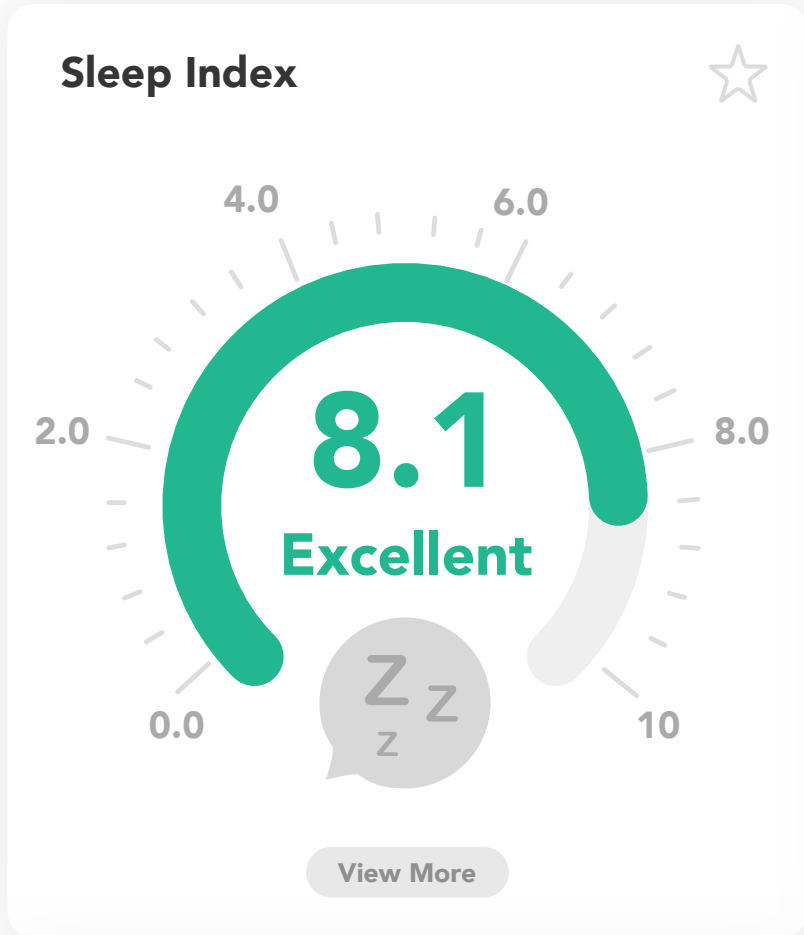
- Ketogenic Diet**
- Intermittent Fasting**

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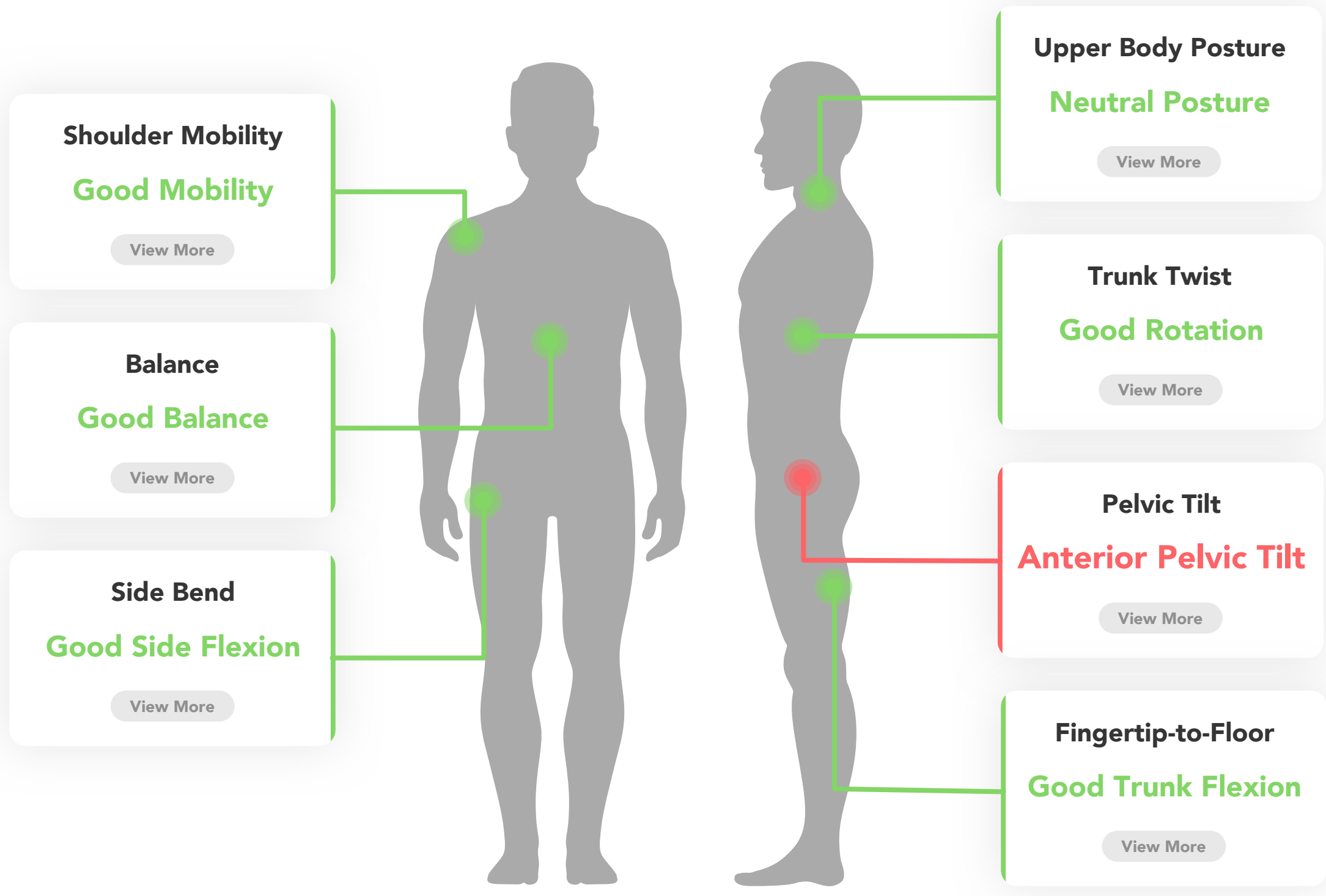
**Goal** ☆

- Eat Healthier**

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**Shoulder Mobility**  
**Good Mobility**  
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**Balance**  
**Good Balance**  
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**Side Bend**  
**Good Side Flexion**  
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**Upper Body Posture**  
**Neutral Posture**  
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**Trunk Twist**  
**Good Rotation**  
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**Pelvic Tilt**  
**Anterior Pelvic Tilt**  
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**Fingertip-to-Floor**  
**Good Trunk Flexion**  
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