



The simplest way to understand lifestyle data

Sample Lifestyle Profile »

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Hello@healthsnap.io



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www.healthsnap.io

Overview

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

Deficien

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

Side Bend

Good Side Flexion

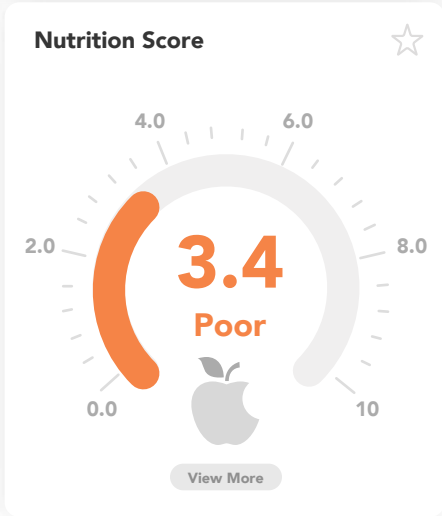
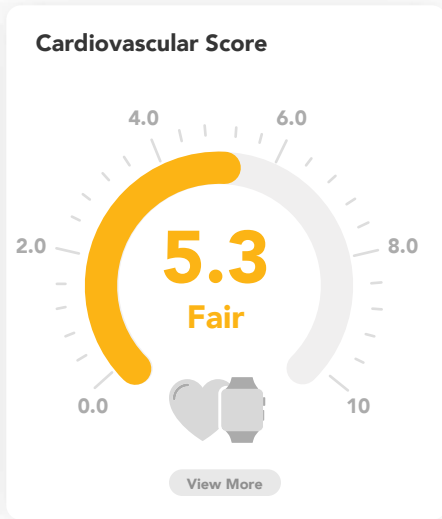
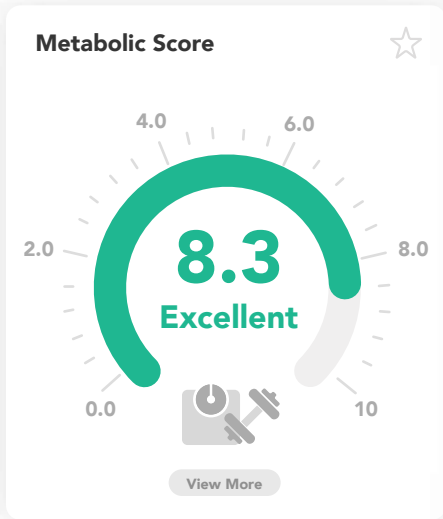
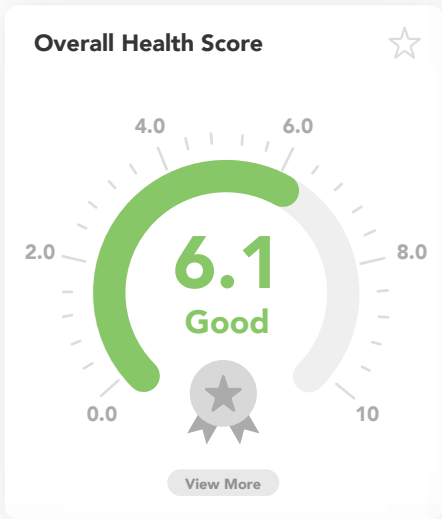
Shoulder Mobility

Good Mobility

Balance

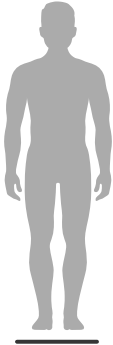
Good Balance

Scores



Body Composition

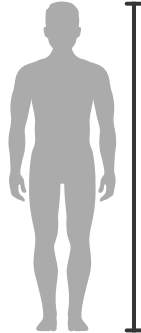
Body Weight



175 lbs

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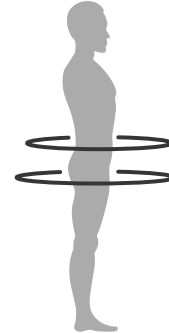
Height



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

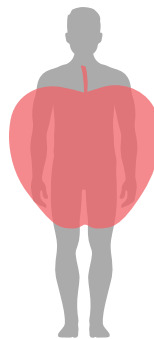
85%



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

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Fat Patterning



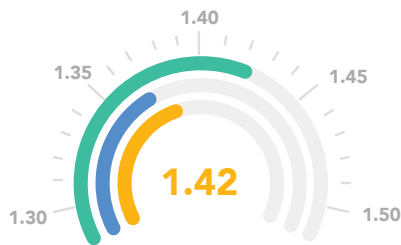
Android

Fat Patterning

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Activity

Physical Activity Level ☆



Not Sedentary

● Optimal PAL ● Sedentary PAL ● Your PAL

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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



Basal Metabolic Rate (BMR)

1910

Exercise

370

Miscellaneous

290

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Activity Equivalents ☆



Not Sedentary PAL

4,566 Steps/Day

235 Calories/Day



Optimal PAL

9,346 Steps/Day

497 Calories/Day

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Current Exercise ☆

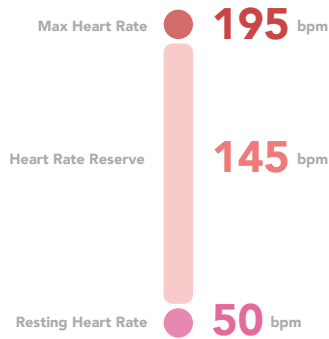
452 kcal

Avg. "Active Energy" in last 7 days

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Heart

Heart Rates



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Blood Pressure



Stage 2 Hypertension



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

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Rate Pressure Product



Normal



- At Risk >11
- Normal <11

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Pulse Pressure



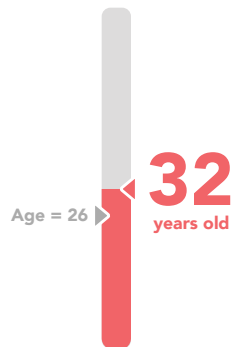
Normal



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

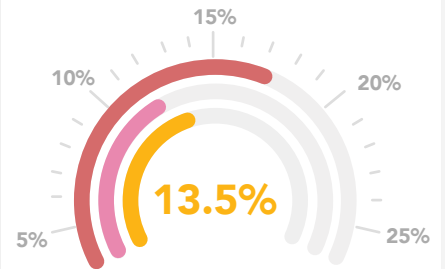
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Heart Age



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Framingham Risk



Below Normal

- Normal Risk
- Optimal Risk
- Your Risk

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Fitness

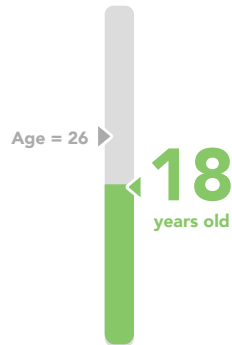
VO2max



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

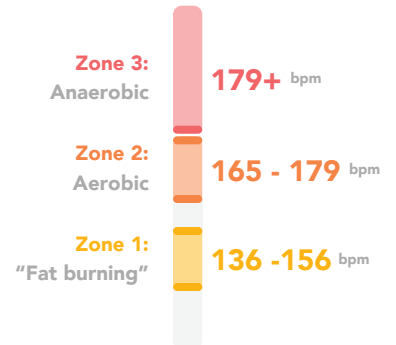
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Fitness Age



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Exercise Zones

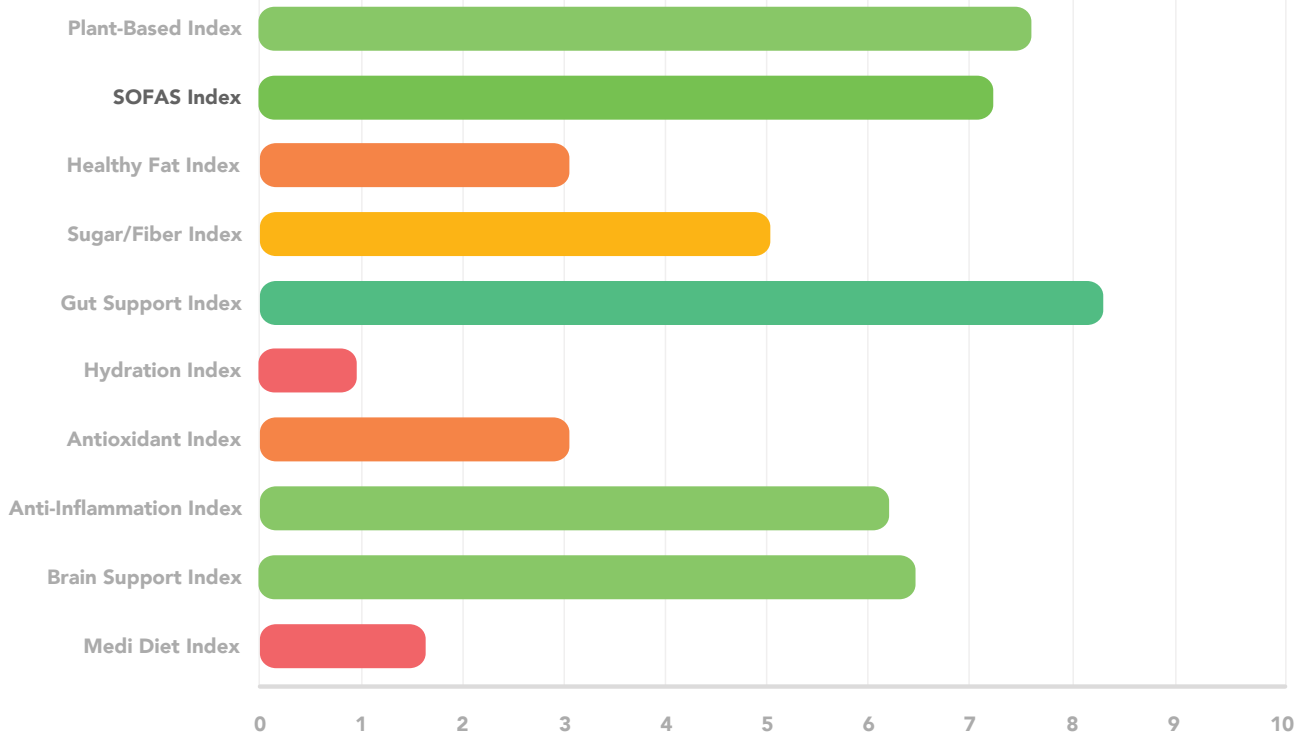


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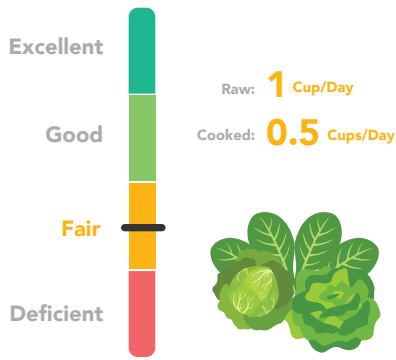
Nutrition

Nutrition Indexes

Click on a bar to view more

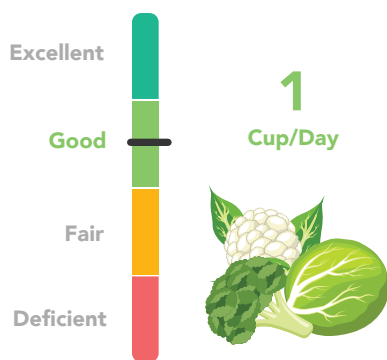


Green Leafy Vegetables



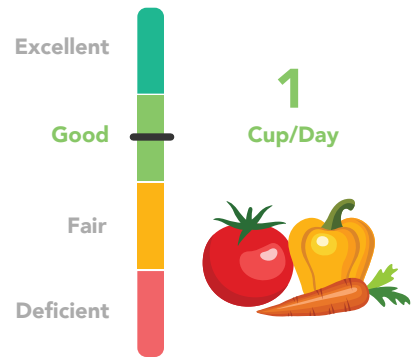
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Broccoli & Cabbages



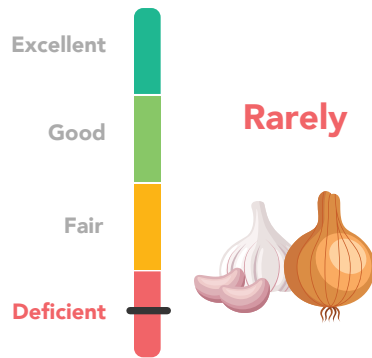
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Red, Orange, & Yellow



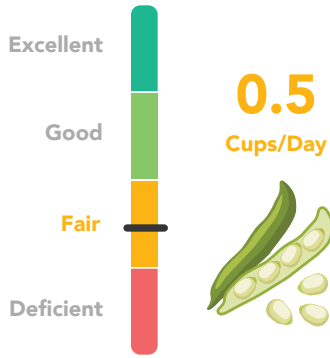
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Onions & Garlic



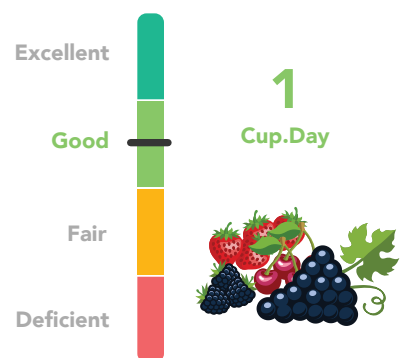
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Beans & Peas



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Berries



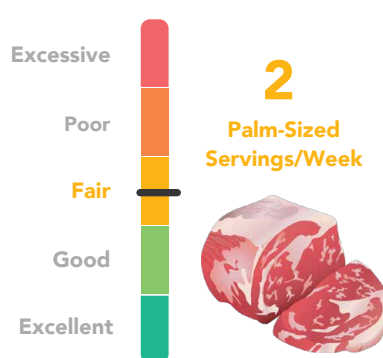
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Fruit (not berries)



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Red Meat



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Processed Meat



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Alcohol



Excessive
Poor
Fair
Good
Excellent



2
Drinks/Day



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Water

Excellent
Good
Fair
Deficient
Very Deficient



4
Cups/Day



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Diet Type



Ketogenic Diet

Intermittent Fasting

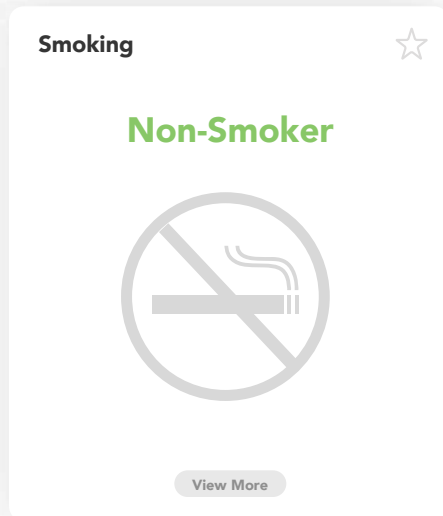
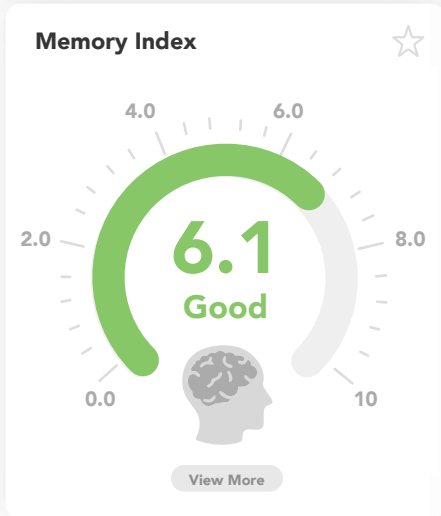
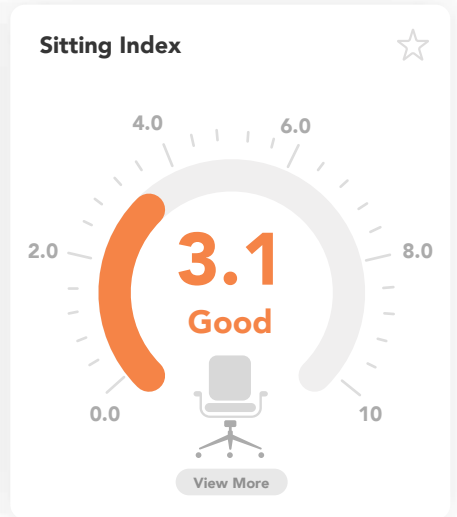
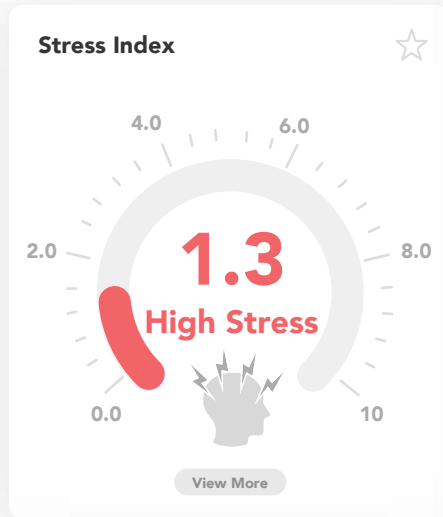
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Goal



Eat Healthier

Behavior

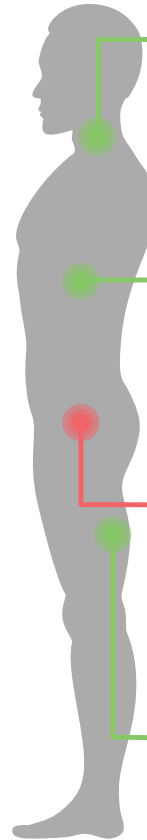
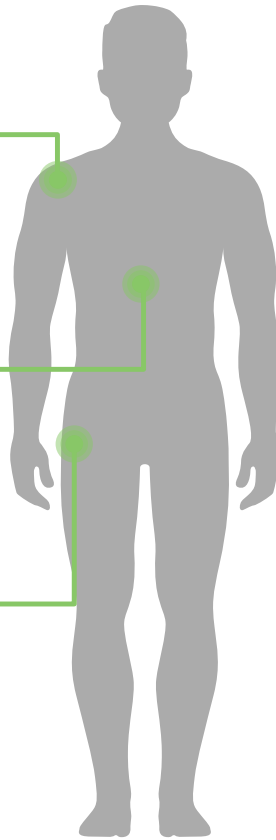


Musculoskeletal

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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