Overview

...es

...ealth Score	Metabolic Score	Cardiovascular Score	...Nutrition Score
...od	8.3 **Excellent**	5.3 **Fair**	

...y Composition

...ght	Height	Waist Circumference	
	6'1"	31 in	
...od	Body Fat	Lean Body Mass	
	8% **Lean/Fit**	165 lb	
...ry High Risk	Fat Patterning		
	Neutral		

...vity

...y Energy Expenditure	Physical Activity Level (PAL)
...al	1.55 **Above Optimal**

...rt

...eart Rate	Max Heart Rate	Heart Rate Reserve	115/79 **Normal**
	195 bpm	130 bpm	
...sure Product	Pulse Pressure	Heart Age	4.2%
...mal	40 mmHg **Normal**	65 **Above Age**	

Fitness

VO2max	Fitness Age
43.1 **Very Good**	35 **Below Age**

🍎 Nutrition

Plant-Based Index	SOFAS Index	Healthy Fat Index	Sugar/Fiber Index
7.8 Good	**6.8** Good	**3.1** Poor	**5.2** Fair

Gut Support Index	Hydration Index	Antioxidant Index	Anti-Inflammation Index
8.1 Excellent	**1.3** Very Poor	**3.1** Poor	**6.1** Good

Brain Support Index	Medi Diet Index	Green Leafy Vegetables	Broccoli & Cabbages
6.4 Good	**1.9** Very Poor	Fair	Good

Red, Orange, & Yellow Vegetables	Beans & Peas	Berries	Fruit (not berries)
Good	Deficien	Fair	Excellent

Onions & Garlic	Red Meat	Processed Meat	Water
Fair	Excellent	Excessive	Fair

Alcohol
Fair

🔄 Behavior

Sleep Index	Sitting Index	Stress Index	Memory
8.1 Excellent	**1.3** Very Poor	**3.1** Poor	**6.1** Good

🦴 Musculoskeletal

Upper Body Posture	Pelvic Tilt	Trunk Twist	Fingertip-to-Floor
Neutral Posture	Neutral Pelvic Tilt	Limited Rotation	Limited Trunk

Side Bend	Shoulder Mobility	Balance
Good Side Flexion	Good Mobility	Good Balance

Scores

Overall Health Score ☆

4.0   6.0

2.0   **6.1**   8.0
     Good

0.0   10

View More

Metabolic Sc

4.0

2.0   E

0.0

cul

0

Nutrition Score ☆

4.0   6.0

2.0   **3.4**   8.0
     Poor

0.0   10
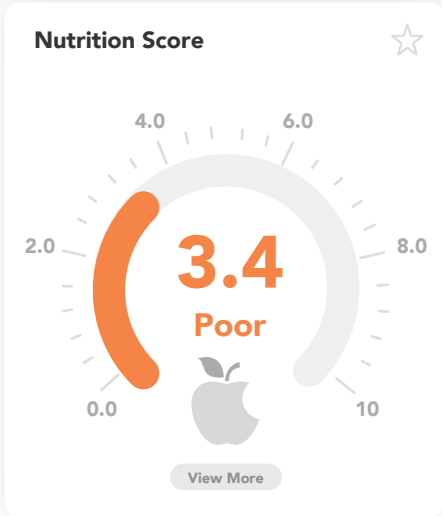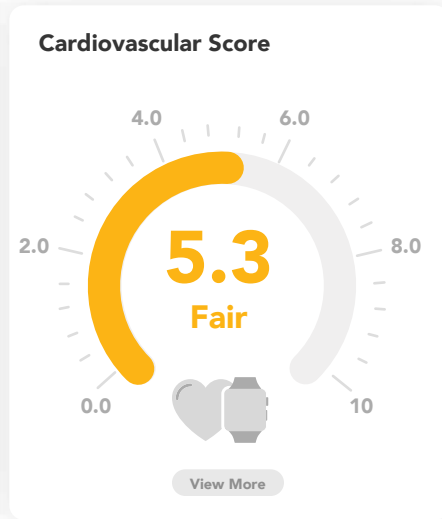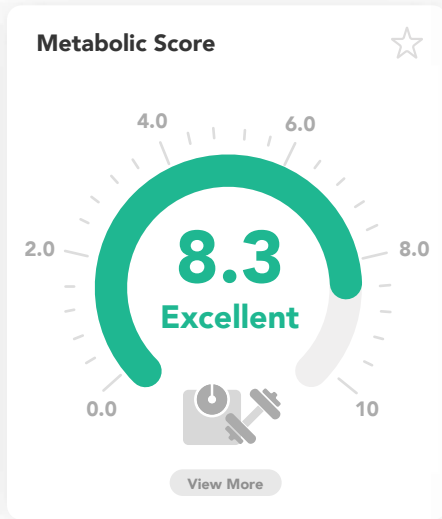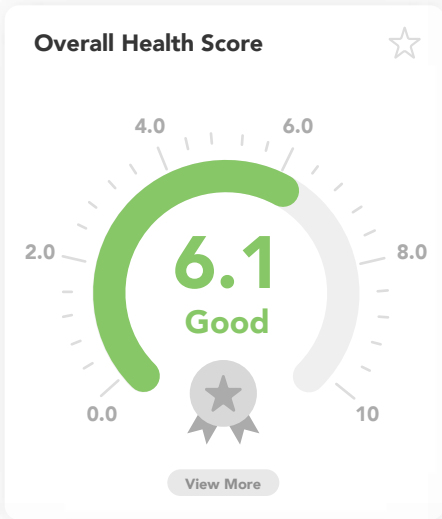
View More

Body Composition

Body Weight
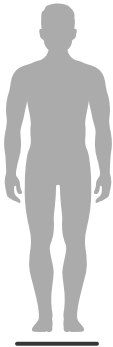
175 lbs

View More

Height
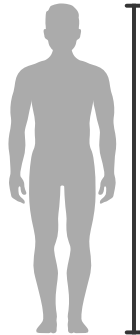
6 ft **1** in

View More

Circumferences
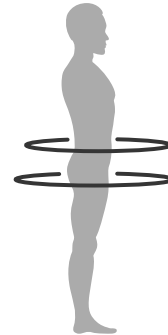
Waist **30** in

Hip **39** in

View More

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%
🟢 Extremly 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
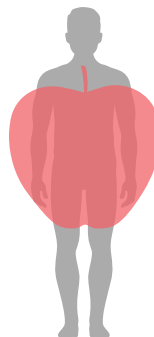
Android

Fat Patterning

View More

Activity

Physical Activity Level ☆

1.40

1.35   1.45

1.30   1.50

1.42
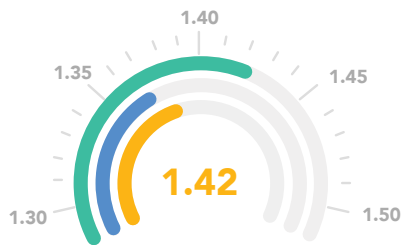
Not Sedentary

● Optimal PAL   ● Sedentary PAL   ● Your PAL

View More

Current Exe   Exp

Crossfit
2 days/week x

Running (8m
2 days/week x

Hatha Yoga
1 days/week x

More activ

Activity Equivalents ☆

Not Sedentary PAL
1.36   **4,566** Steps/Day
235 Calories/Day

Optimal PAL
1.43   **9,346** Steps/Day
497 Calories/Day

View More

Current Exe

♥ **452** kc
Avg. "Active Ene

Heart

Heart Rates ☆

Max Heart Rate ● **195** bpm

Heart Rate Reserve **145** bpm

Resting Heart Rate ● **50** bpm
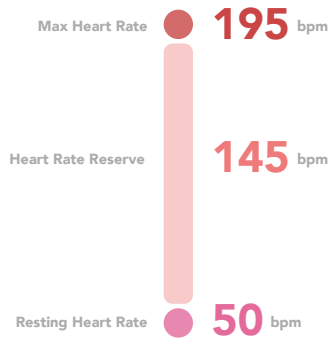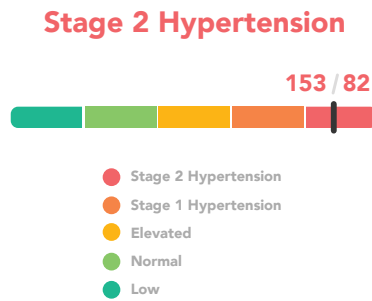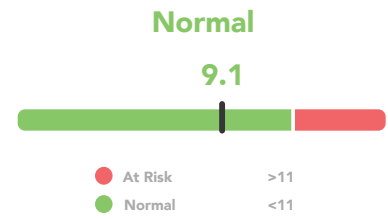
View More

Pulse Pressure ☆

Normal

45

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

View More

View More

Below Normal
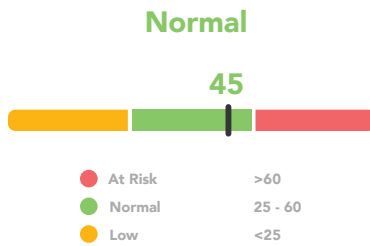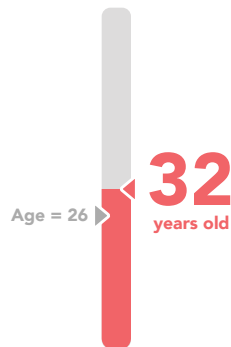
● Normal Risk　● Optimal Risk　● Your Risk

View More

Fitness

45
Very Good
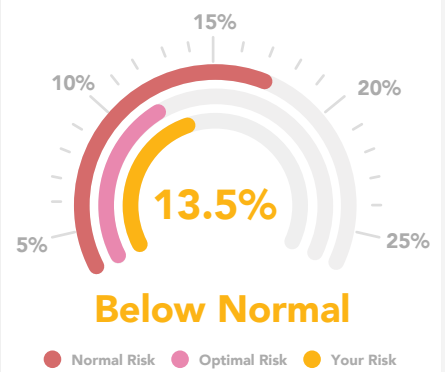
Excellent	>62
Very Good	57 - 62
Good	51 - 56
Average	44 - 50
Fair	38 - 43
Poor	32 - 37
Very Poor	<32

View More

Fitness Age

Age = 26

18
years old
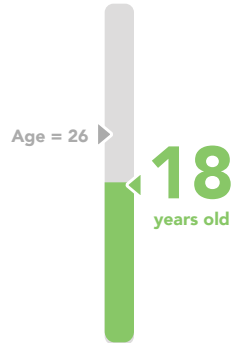
View More

Exercise Zones

Zone 3:
Anaerobic
179+ bpm

Zone 2:
Aerobic
165 - 179 bpm

Zone 1:
"Fat burning"
136 -156 bpm
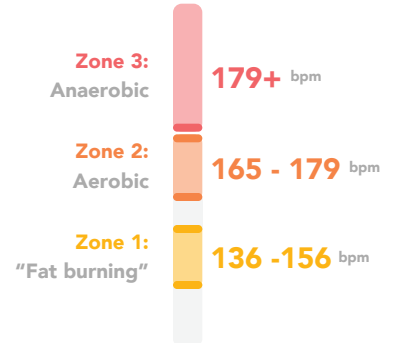
View More

Nutrition

Nutrition Indexes

Click on a bar to view more

Index	Value
Plant-Based Index	7.6
SOFAS Index	7.2
Healthy Fat Index	3.0
Sugar/Fiber Index	5.0
Gut Support Index	8.3
Hydration Index	0.9
Antioxidant Index	3.0
Anti-Inflammation Index	6.2
Brain Support Index	6.4
Medi Diet Index	1.6

0 1 2 3 4 5 6 7 8 9 10

Green Leafy Vegetables

- Excellent
- Good
- **Fair**
- Deficient
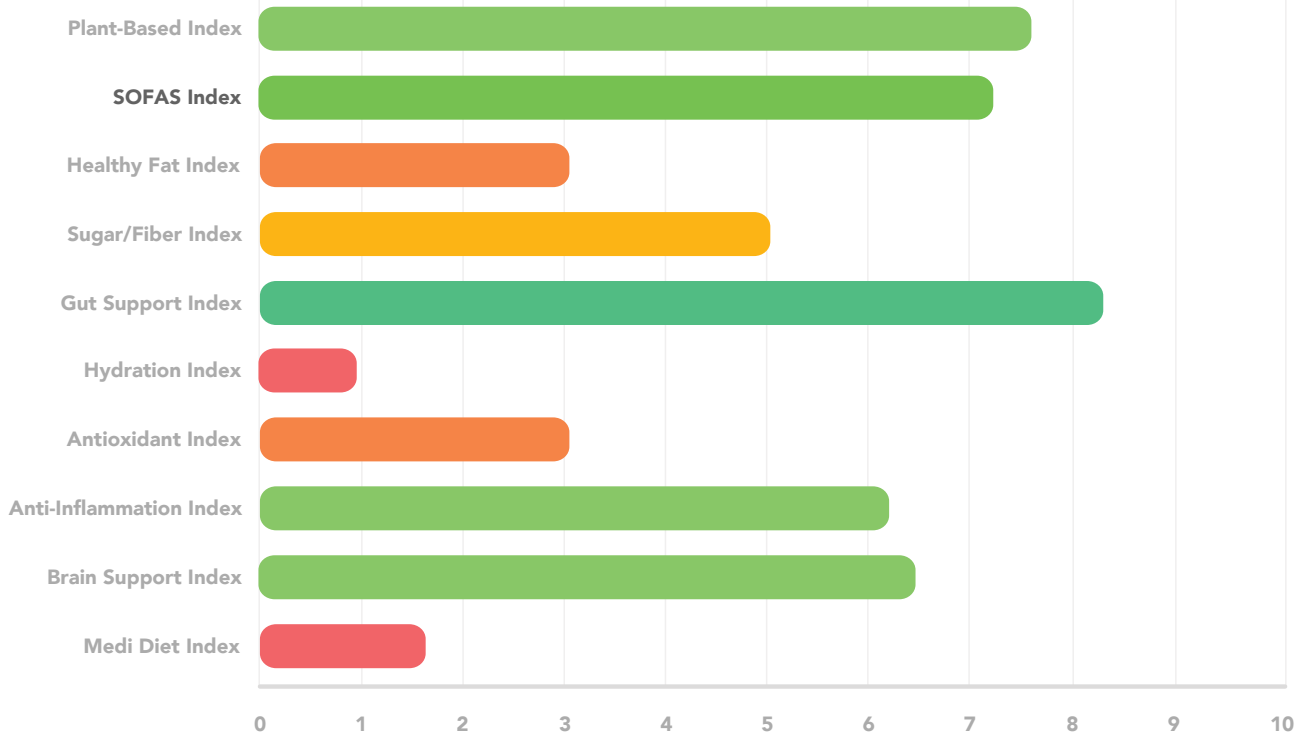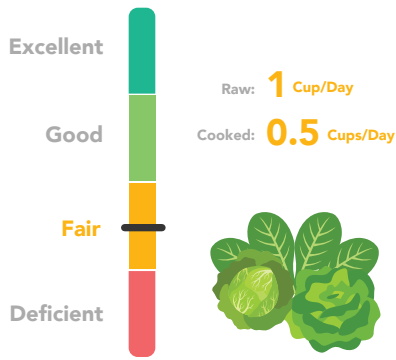
Raw: **1** Cup/Day
Cooked: **0.5** Cups/Day

View More

Broccoli & Ca...

- Excellent
- **Good**
- Fair
- Deficient

ge...

Onions & Garlic

- Excellent
- Good
- Fair
- **Deficient**
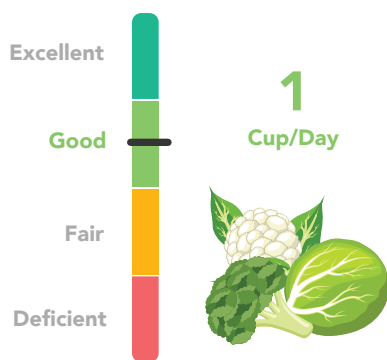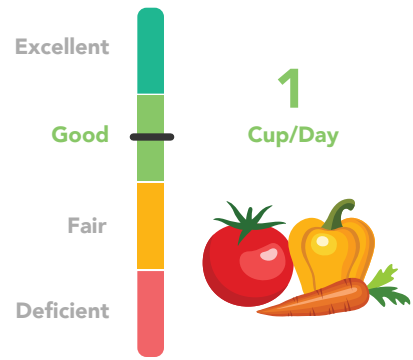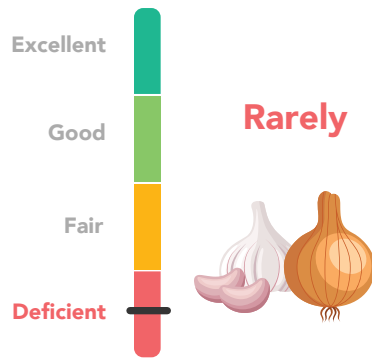
Rarely

View More

Beans & Peas...
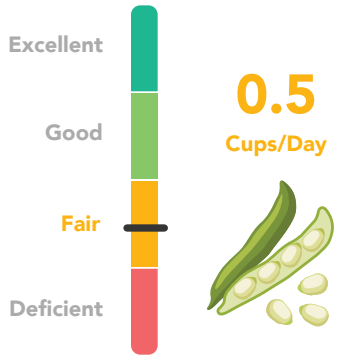
- Excellent
- Good
- Fair
- Deficient
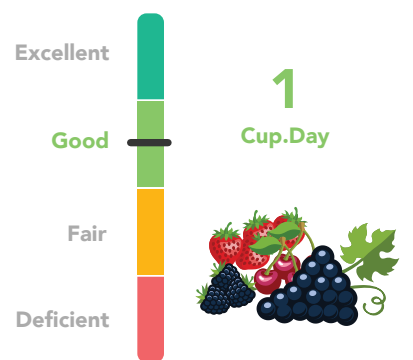
1
Cup.Day

View More

Fruit (not berries)

- Excellent
- **Good**
- Fair
- Deficient

1
Cup/Day

View More

Red Meat

- Excessive
- Poor
- **Fair**
- Good
- Excellent
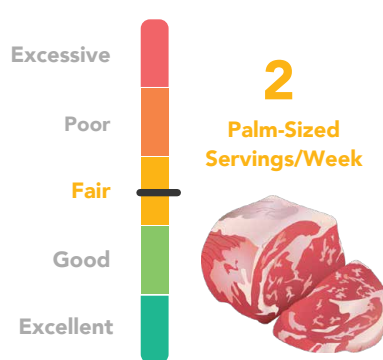
2
Palm-Sized
Servings/Week

View More

Processed Meat

- Excessive
- **Poor**
- Fair
- Good
- Excellent

3
Palm-Sized
Servings/Week

View More

Alcohol ☆

Excessive

Poor

Fair

Good

Excellent

2
Drinks/Day

View More

Water ☆

Excellent

Good

Fair

Deficient

Very Deficient

Diet Type ☆

Ke

ter

Goal ☆

Eat Healthier

Behavior

Sleep Index ☆

8.1
Excellent

4.0   6.0
2.0   8.0
0.0   10

View More

Stress Index ☆

1.3
High Stress

4.0   6.0
2.0
0.0   1

View More

Sitting Index ☆

6.0
.1
od
8.0
10

More

Memory Index ☆

6.1
Good

4.0   6.0
2.0   8.0
0.0   10

View More

Smoking

Non-Smoker
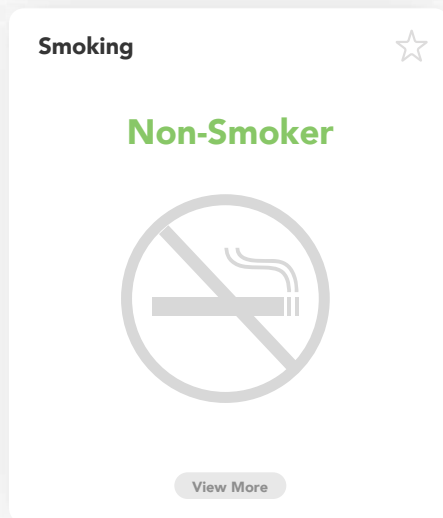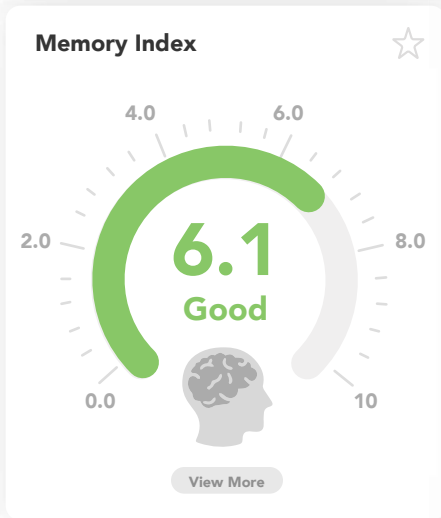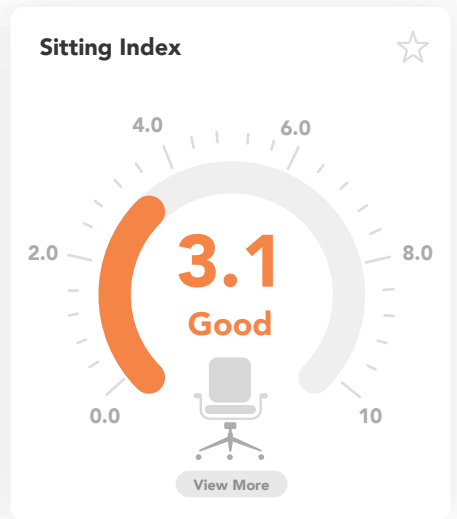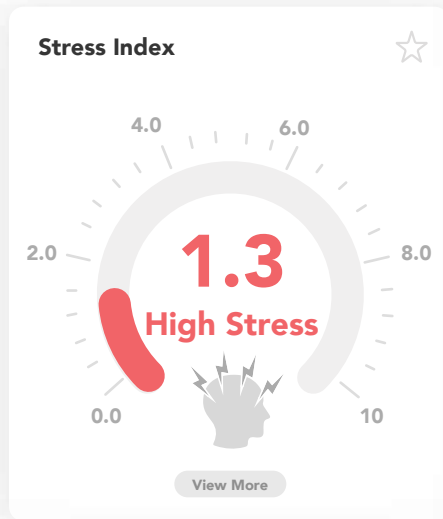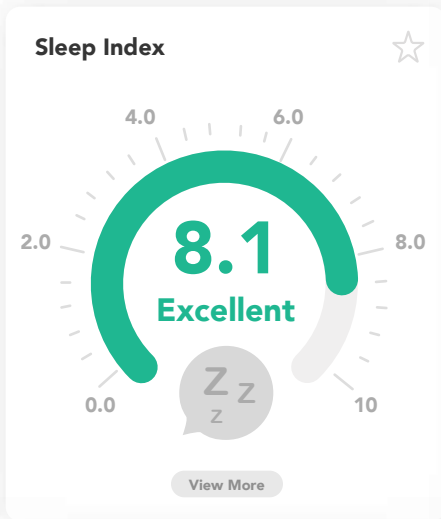
View More

Musculoskeletal

Shoulder Mobility

Good Mobility

View More

Balance

Good Balance

View More

Side Bend

Good Side Flexion

View More
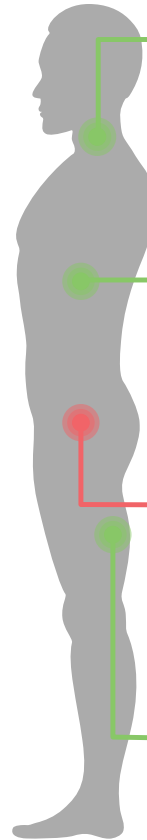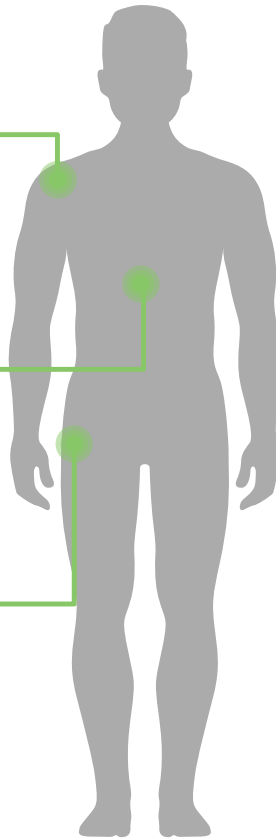
Upper Body Posture

Neutral Posture

View More

Trunk Twist

Good Rotation

View More

Pelvic Tilt

Anterior Pelvic Tilt

View More

Fingertip-to-Floor

Good Trunk Flexion

View More