

# Health Report

Scores

Body Composition

Activity

Fitness

Nutrition

## Overall Score

Average

5.6



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## Exercise Score

Average

4.5



[View more](#)

## Nutrition Score

Average

5.7



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# Health Report

Scores

Body Composition

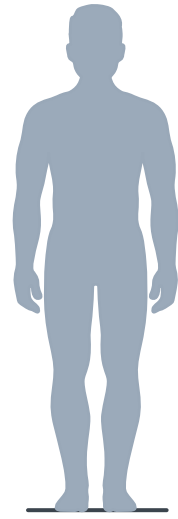
Activity

Fitness

Nutrition

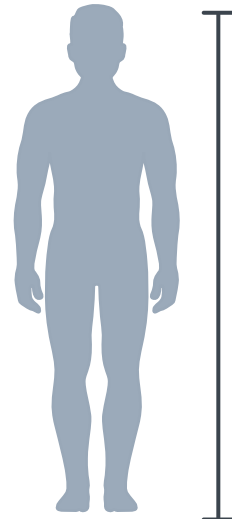
Behavior

## Body Weight



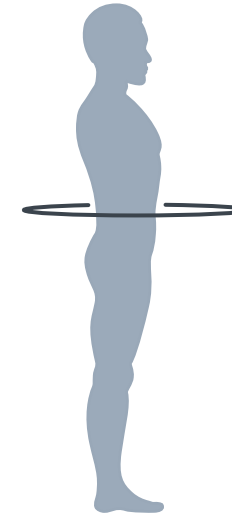
175lbs

## Height



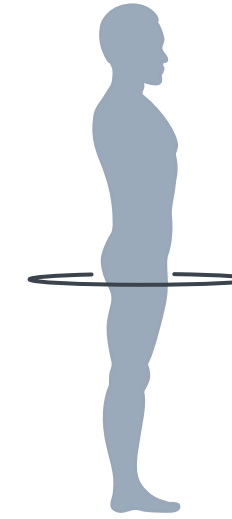
6'1"

## 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 -
- 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%

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## Waist / Hip Ratio

Moderate Risk

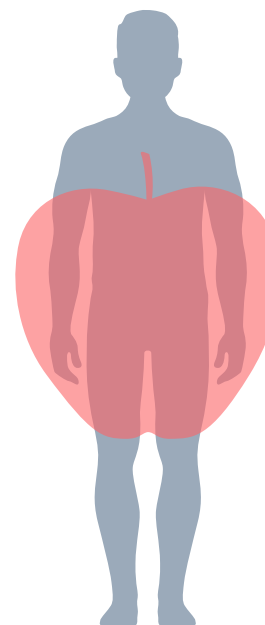
85%



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

[View more](#)

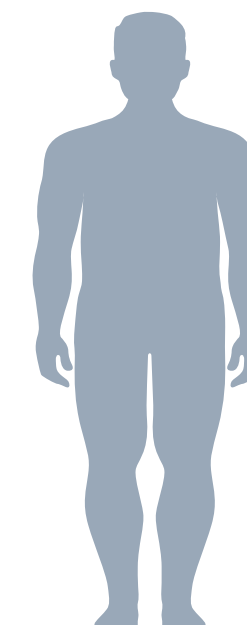
## Fat Patterning



Android

[View more](#)

## Body Type



Endomorph

[View more](#)

# Health Report

Scores

Body Composition

Activity

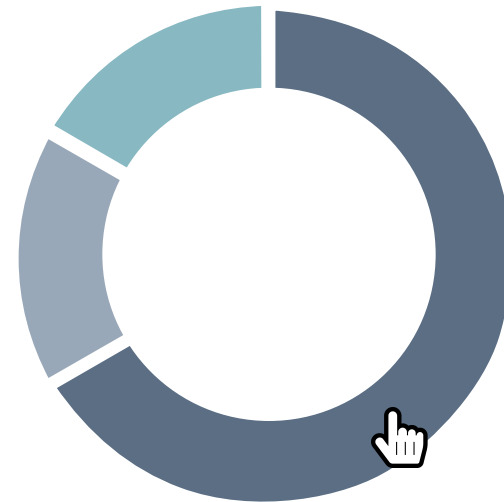
Fitness

Nutrition

Behavior

## Total Daily Energy Expenditure (TDEE)

TDEE **2370 kcal**



Basal Metabolic Rate

**1910 kcal**

Avg Exercise Expenditure

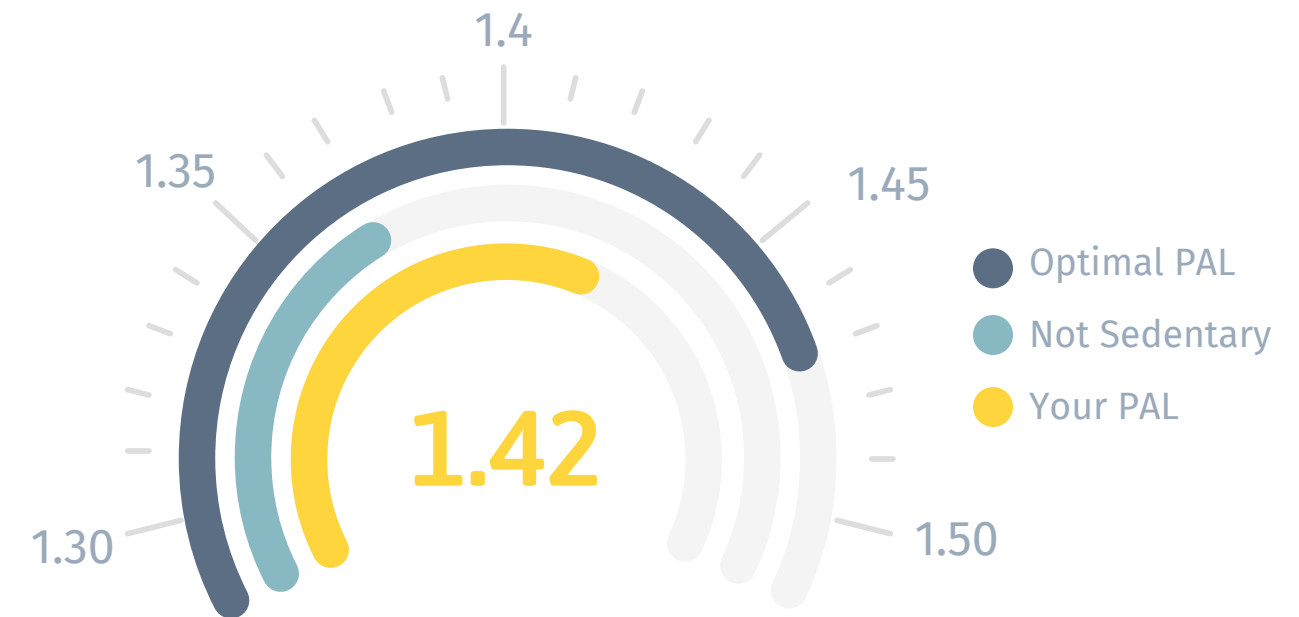
**370 kcal**

Miscellaneous Expenditure

**290 kcal**

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## Physical Activity Level (PAL)



[View more](#)

## Current Weekly Exercise

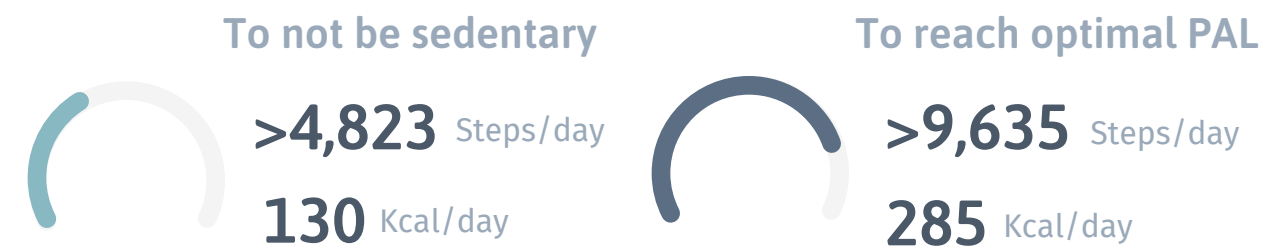
**Crossfit** 2 days/week x 45 minutes/session

You burn approximately **520 kcal** in a 45 minutes session

**Running 8mph** 3 days/week x 60 minutes/session

You burn approximately **380 kcal** in a 60 minutes session

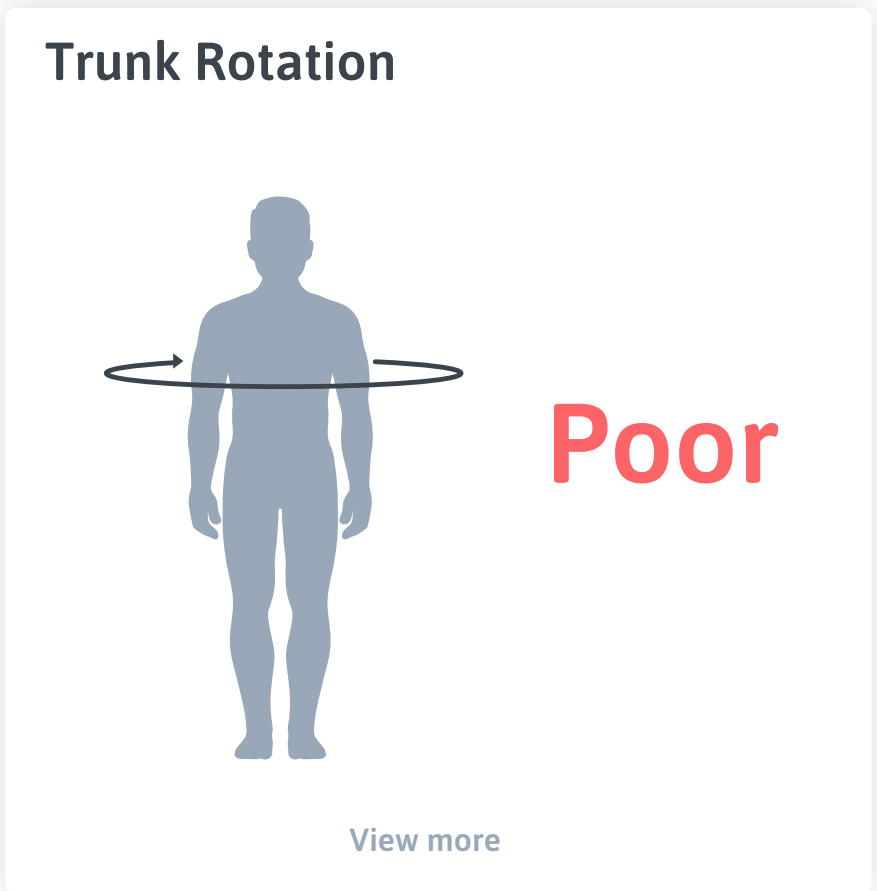
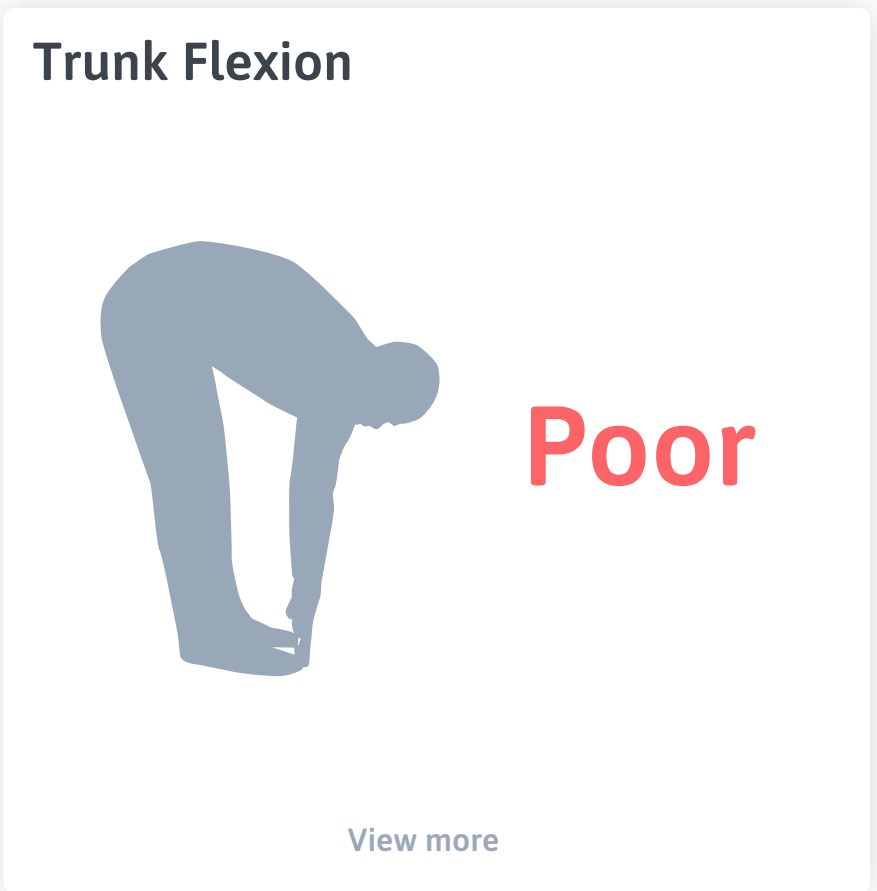
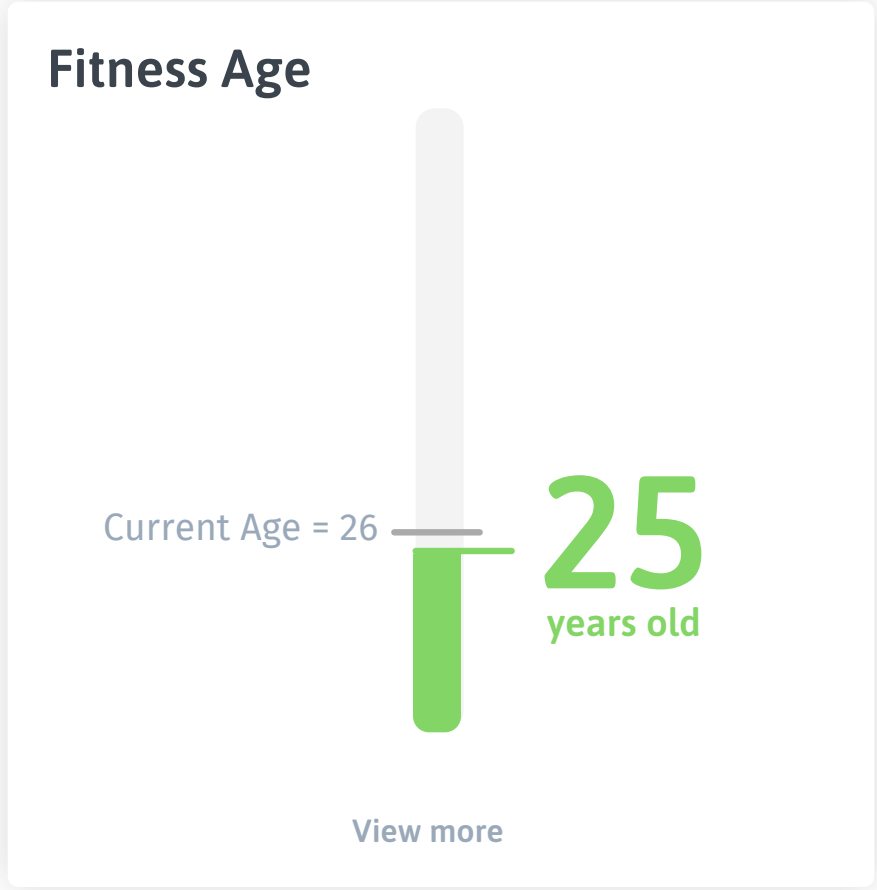
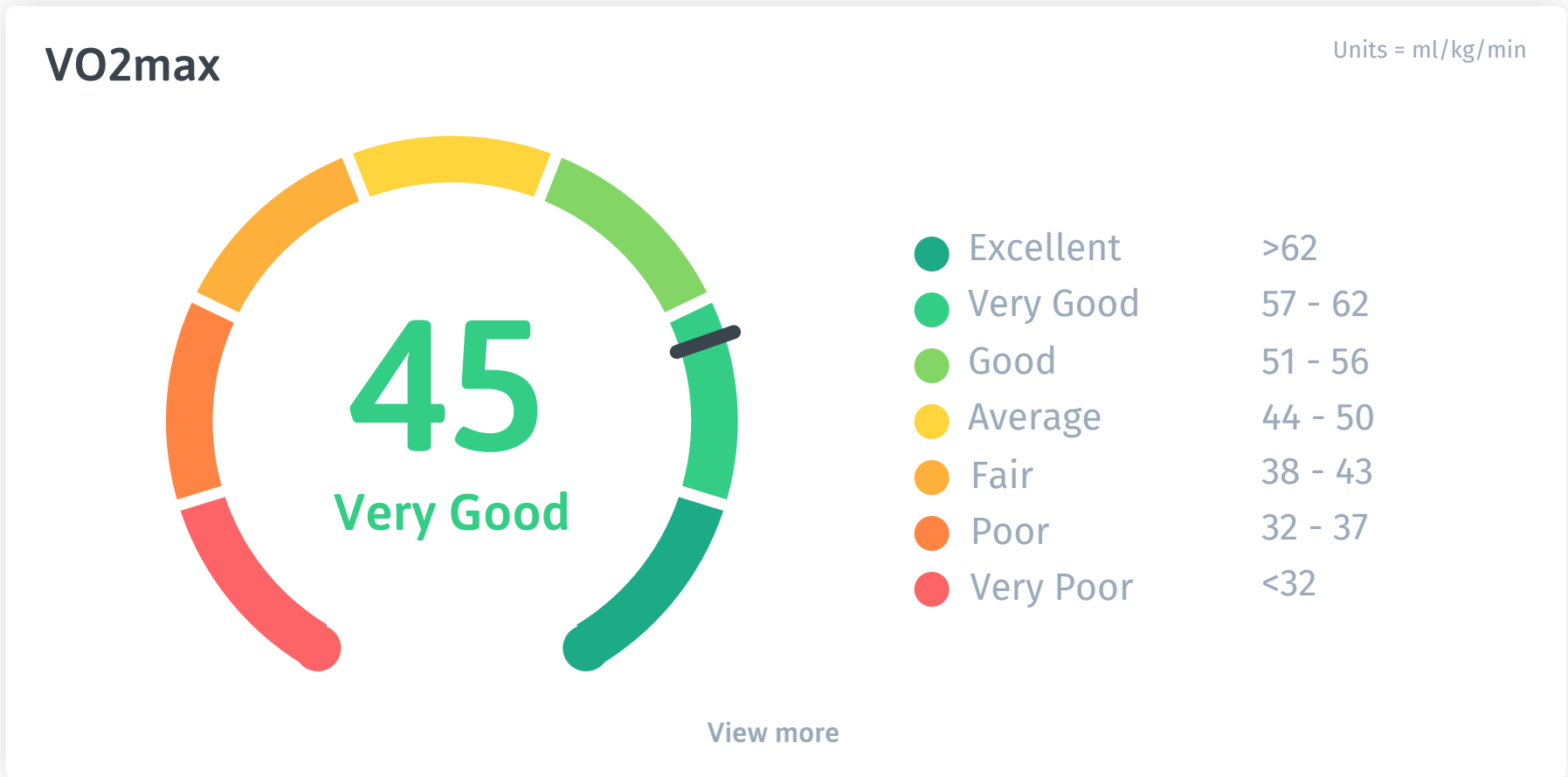
## Required Steps & Exercise Calories/Day



[View more](#)

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- Scores
- Body Composition
- Activity
- Fitness**
- Nutrition
- Behavior



# Health Report

Scores

Body Composition

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**Nutrition**

Behavior

## Plant-based Index



- Excellent
- Good
- Average
- Poor
- Very Poor

[View more](#)

## Fiber/Sugar Ratio



- Excellent
- Good
- Average
- Poor
- Very Poor

[View more](#)

## Potassium/Sodium Ratio



- Excellent
- Good
- Average
- Poor
- Very Poor

[View more](#)

## Healthy Fat Index



- Excellent
- Good
- Average
- Poor
- Very Poor

[View more](#)

## Gut Health Index



- Excellent
- Good
- Average
- Poor
- Very Poor

[View more](#)

# Health Report

Scores

Body Composition

Activity

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**Behavior**

## Sleep

**Deprived**

**< 6**  
hours/night



[View more](#)

## Sitting

**Very Poor** **9+**  
HOURS/DAY

Poor

Good

Optimal



[View more](#)

## Smoking

**Smoker**



[View more](#)

## Willingness to Change Status

### Exercise



Precontemplation

Contemplation

Preparation

**Action**

Maintenance

### Nutrition



Precontemplation

**Contemplation**

Preparation

Action

Maintenance

[View more](#)

## Stress



**High**

- High
- Moderate
- Low
- Very Low

[View more](#)