

**HEALTH ANALYSIS**

**Personalized Summary & Vital Parameters**

ritesh

30 Year's | 01-Jan-1995, Male | 11-Feb-2025 08:47:00

||

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

Below are the health parameters which require routine checkups for primary healthcare.

 Height **180 cms**

 Weight **85.1 kg**

 Body Mass Index **26.27**

Your Health Score

**76.8**

Out of 100

\*Calculated from test reports

 Right Eye | Left Eye  
Test not taken

 Blood Pressure  
**134/ 94 mmHg**  
High

 Bone Mass  
**3.15 Kg**  
Normal

 Total Cholesterol  
Test not taken

 Hemoglobin  
**15.7 gm/dl**  
Normal

 Heart Rate  
**105 bpm**  
High

 Glucose (Random)  
**138 mg/dl**  
Normal

 Lean body weight  
**63.0 kg**

 HbA1C  
Test not taken

 Physique  
**Over weight**



 Body fat

**26.0%**

**High**

11

21

Low

Normal

High

Body Fat Percentage is the proportion of body fat weight to the total body weight. Higher body fat % can damage your long-term health.

 Subcutaneous Fat

**23.0%**

**High**

8.6

16.7

Low

Normal

High

It is the proportional weight of fat below the skin to the total body weight. Higher subcutaneous fat value is an indicator of bad physical health.

 Visceral Fat

**9.0%**

**High**

9

14

Low

Normal

High

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs healthy level of visceral fat directly reduces the risk of certain diseases.

 Body Water

**53.5%**

**Low**

55

65

Low

Normal

Adequate

It is the total amount of fluid in the body expressed as a percentage of total body weight. Lower body water % can effect the essential body processes like metabolism and thermoregulation.



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Skeletal Muscle

**47.8%**

Low

49

59

Low

Normal

High

Skeletal muscles are attached to bones by tendons, and they produce all the movements of body parts in relation to each other.



Muscle Mass

**59.8kg**

Adequate

49.4

59.4

Low

Normal

Adequate

Muscle mass is weight of all muscles tissue in your body including skeletal, cardiac & smooth muscles. Higher muscle mass indicates the good muscle health.



Bone Mass

**3.15kg**

Normal

3

3.4

Low

Normal

High

This is the weight of total bone tissue (Bone minerals + Bone Matrix) in your body. Higher bone mass indicates better bone health.



Protein

**16.8%**

Normal

16

18

Low

Normal

Adequate

It is the proportional weight of body protein components to the total body weight. Adequate protein levels are essential for normal body function.



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BMR

**1831.0kcal**

**Not Upto Standard**

1898

Not Up To Standard

Standard

The BMR or Basal Metabolic Rate is daily minimum level of energy or calories your body requires when at rest (including sleeping) in order to function effectively.



Metabolic Age

**31.0 years**

**Not Upto Normal**

30

Normal

Not Up To Normal

It is a predicted age of the metabolism of your body. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate.



Oxygen saturation

**98%**

**Normal**

94

Low

Normal

Oxygen saturation is a measure of how much oxygen the blood is carrying as a percentage of the maximum it could carry. Low level of oxygen saturation can cause mild problems such as headaches and shortness of breath.



Body temperature

**95.2F**

**Low**

96

99

Low

Normal

High



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Blood Pressure (Systolic)

**134mm Hg**

**Normal**

90

139

Low

Normal

High

Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.



Blood Pressure (Diastolic)

**94mm Hg**

**High**

60

89

Low

Normal

High

Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.



Pulse

**105bpm**

**High**

60

100

Low

Normal

High

In the context of a heartbeat or other physiological measurement, a pulse is a rhythmic beating or throbbing sensation felt in arteries due to the contraction and expansion of the heart as it pumps blood. It is a vital sign used to assess heart rate and overall cardiovascular health.



Hemoglobin

**15.7 gm/dl**

**Normal**

12

17

Low

Normal

High

Hemoglobin is a protein found in red blood cells. It gives blood its red color, and its job is to carry oxygen throughout your body. Low hemoglobin levels usually indicate that a person has anemia.



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Glucose

**138 mg/dl ( Post Meal )**

**Normal**

60

140

199

Low

Normal

Pre-Diabetic

Diabetic

Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis.

A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death).

A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation

#### Disclaimer

- This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider.
- The content is provided for information purposes only in believed to be serving as a preventive health screening and is not intended as and should not be considered to a legal or financial advice.
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ritesh

DOB: 01/01/1995 (30 yrs)

Sex: Male

## EKG Recording Overview

### Kardia Determination:

Unreadable

\* Kardia Determination is done on Lead I.

**Recorded:** Tuesday, Feb 11, 2025, 3:28:44 AM

**Heart Rate:** 113 BPM

**Duration:** 30s

### Additional Information

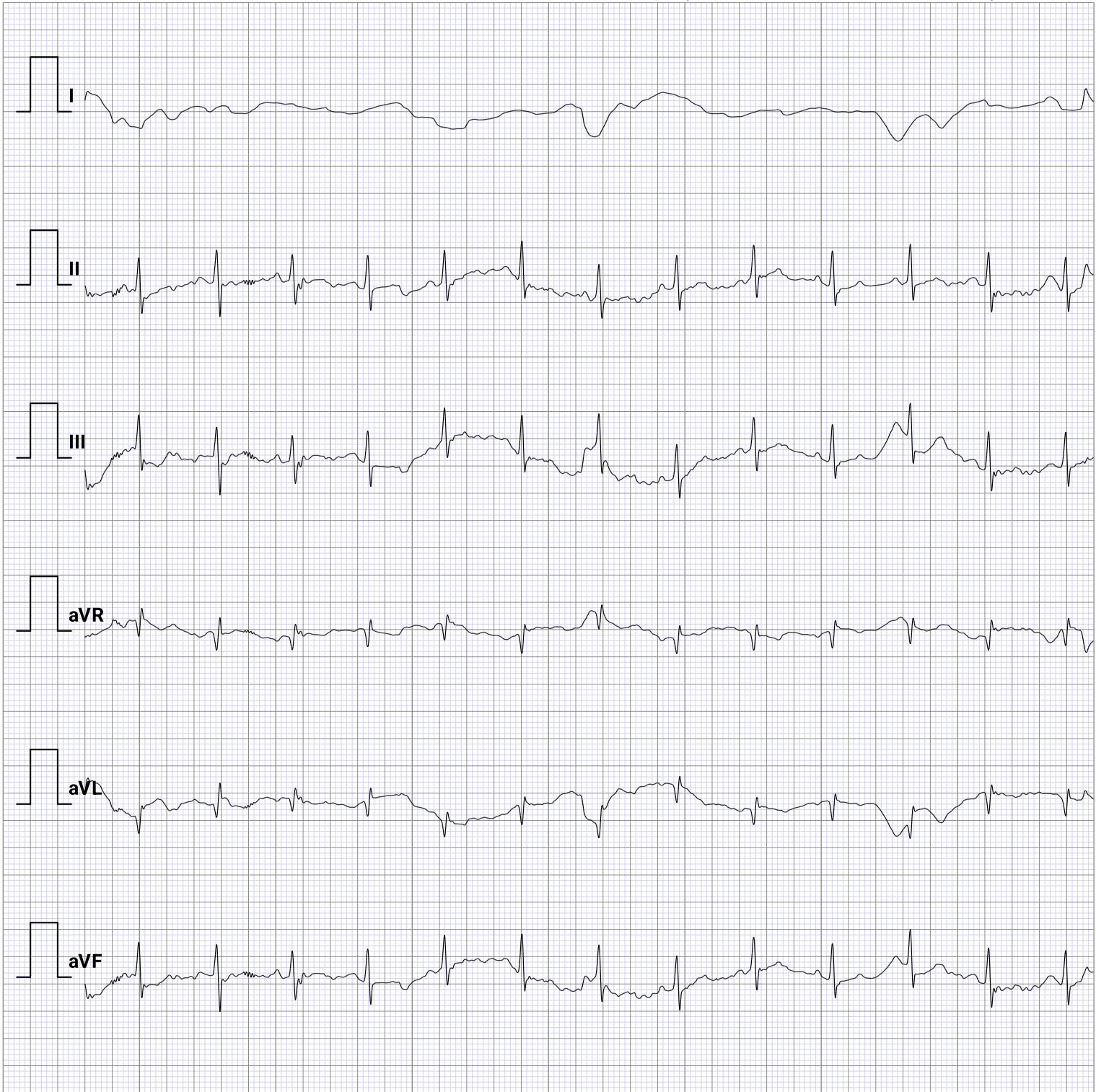
No additional information to display

Kardia does not check for heart attack. If you believe you are having a medical emergency, call emergency services. AliveCor does not provide medical advice or services, and any information from AliveCor is provided to assist you and your doctor with your medical care and not as a replacement for consulting with your doctor.

**Patient:** ritesh  
**ID:** 343064  
**Recorded:** 2025-02-11 3:28 AM  
**Heart Rate:** 113 bpm  
**Duration:** 30s

**Kardia Determination:** Unreadable  
\* Kardia Determination is done on Lead I.

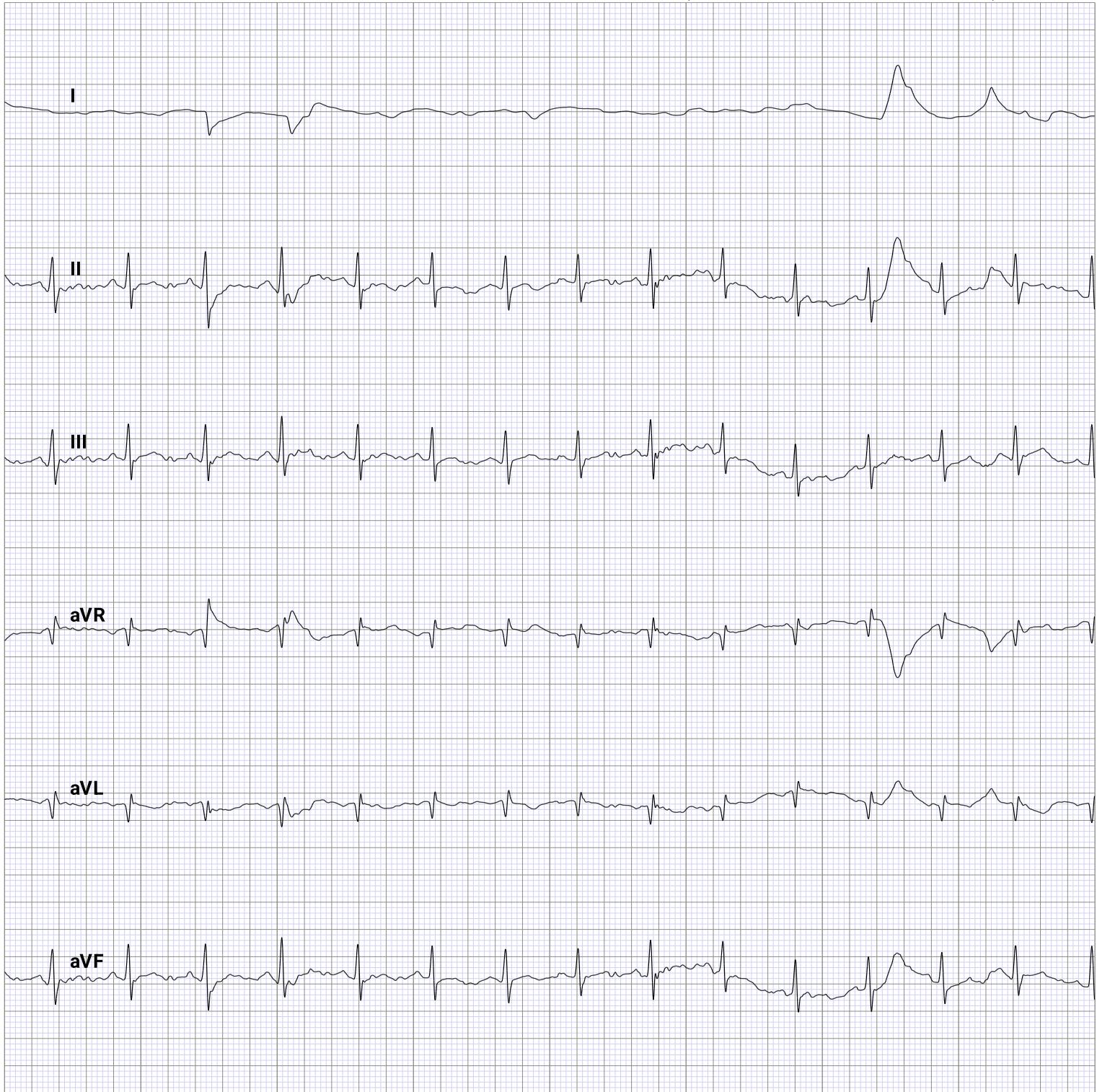
Enhanced Filter, Mains Filter: 50 Hz Scale: 25mm/s, 10mm/mV



**Patient:** ritesh  
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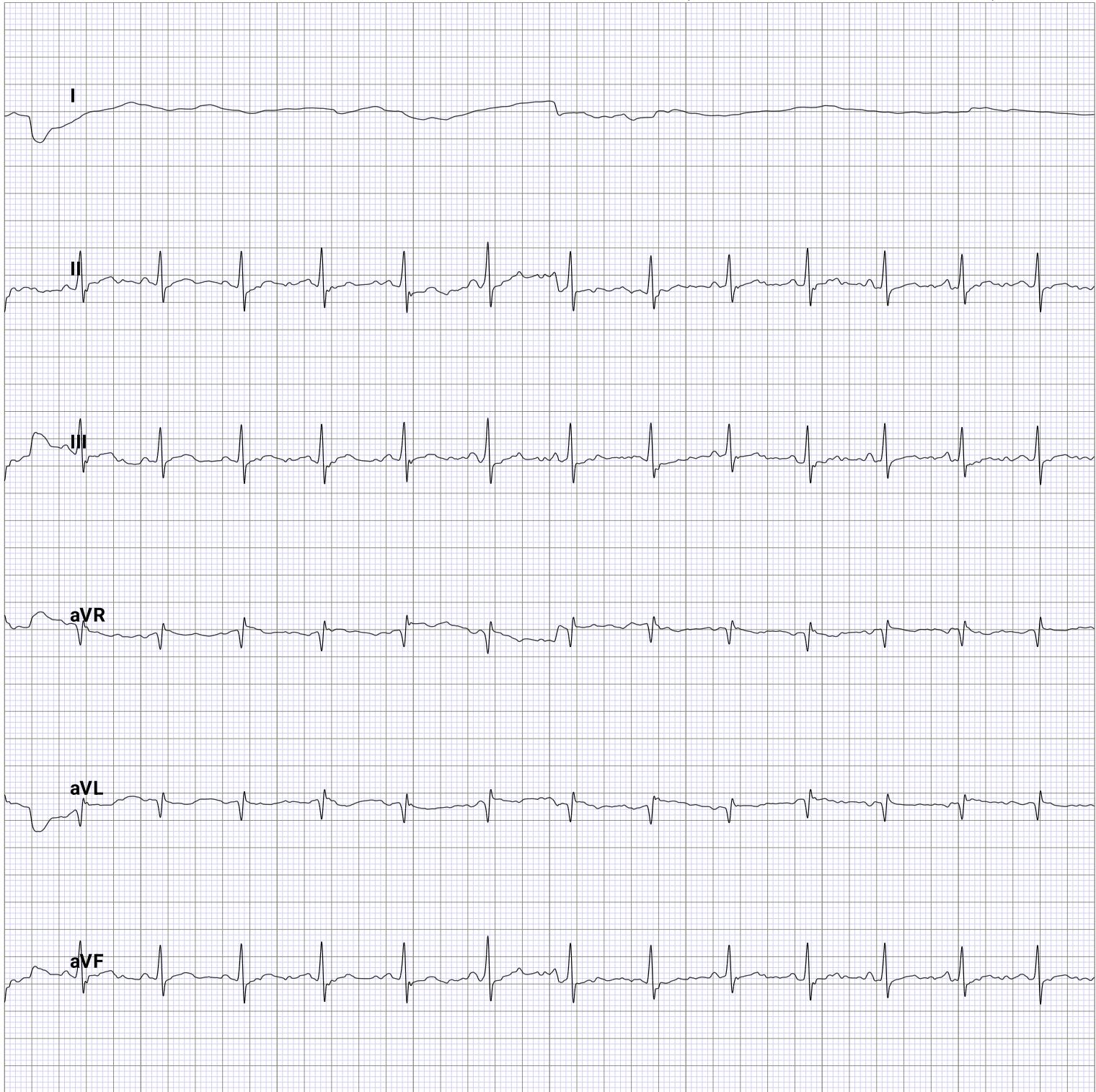


# Kardia

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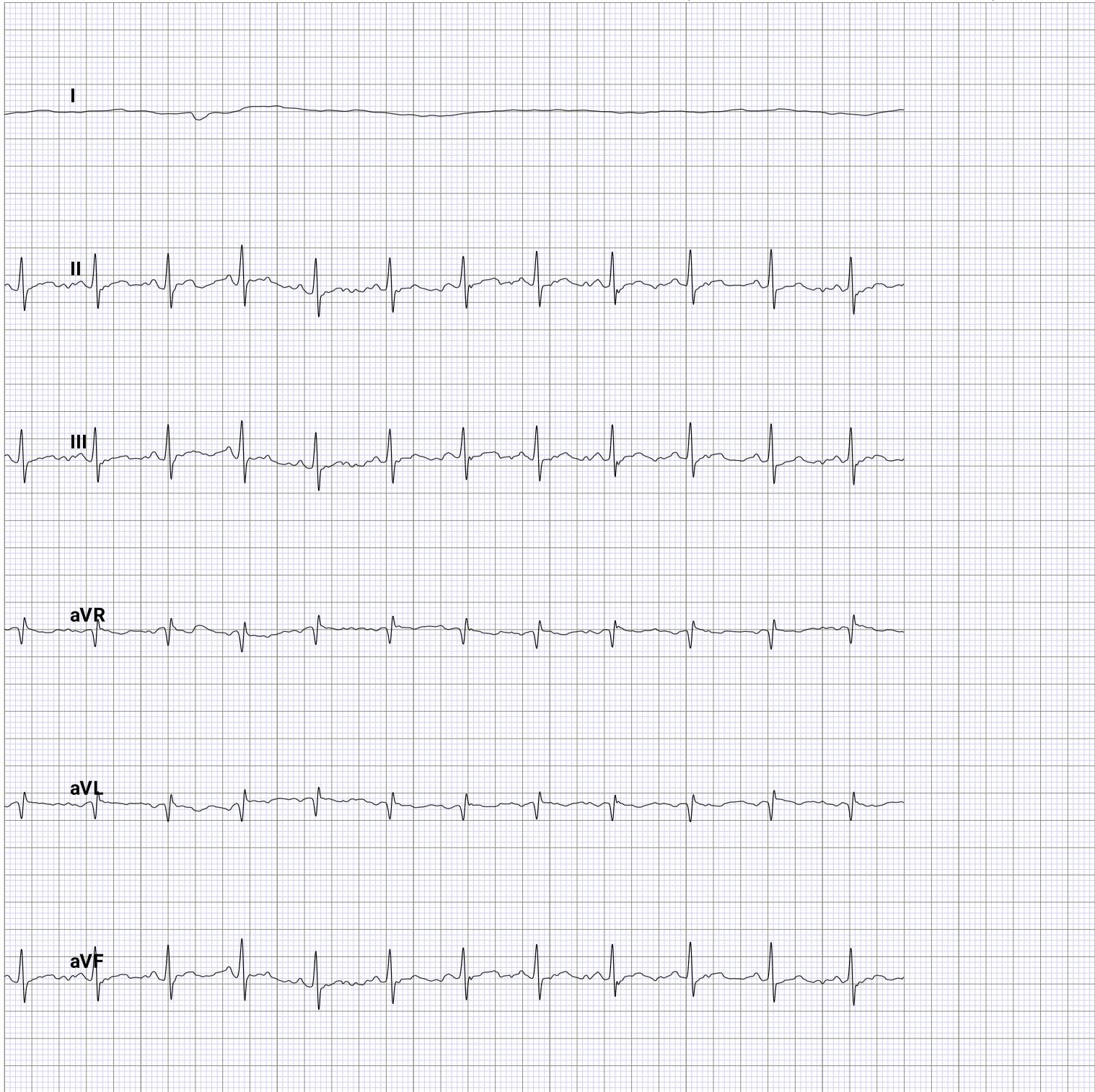


# Kardia

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## Weight Loss Maharashtrian Non Veg- 1200

### Day 1

Calories	Proteins	Carbs	Fats	Fibres
1201 kcal	56.7 g	129.2 g	52.4 g	28.8 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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#### BREAKFAST

Dhaniya pudina chutney	2 tbsp	10	1.6	0.6	0.2	1
Besan chilla	1 chilla	108	10.8	4	5.3	2.3

#### MORNING SNACK

Pineapple	2 thin	52	12.2	0.4	0.2	3.2
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#### LUNCH

Bhindi Sabzi	1 Katori	68	7.1	1.8	3.7	3.1
Daal	1 bowl	116	18.7	7.2	1.4	3.1
Nachni Bhakri	2 Piece	250	28.8	3	13.8	4.8
Beetroot Koshimbir	1 Katori	48	3.9	1.1	3.1	1.9

#### EVENING SNACK

Sprouts Salad	1 Katori	24	5	1.7	0.2	1.4
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#### DINNER

Chicken curry	1 katori	163	4.6	17.9	7.7	1.7
Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5
Wheat Roti	1 roti	85	17.4	3	0.4	2.7

#### PRE WORKOUT SNACK

Orange	1 piece,	46	10.5	0.7	0.2	1.1
Cashew Nuts	4 Piece	32	1.2	1.2	2.8	0

#### POST WORKOUT SNACK

Boiled Egg	2 Egg	172	2	13.2	13.2	0
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## Day 2

Calories	Proteins	Carbs	Fats	Fibres
1188.5 kcal	49.35 g	168.5 g	36.4 g	30.25 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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### BREAKFAST

Egg Omelette	1 Piece	104	2.5	6	8.1	0.4
Wheat Roti	1 roti	85	17.4	3	0.4	2.7

### MORNING SNACK

Almonds	4 almond	28	1.2	1.2	2.4	0.8
Coconut water	1 piece	49	9.1	2.9	0.2	2.3

### LUNCH

Soya chunk pulao	1 katori	148	23.6	6.2	3	2.4
Tomato cucumber raita	1 katori	51	5.5	2.5	2.4	1.1

### EVENING SNACK

Roasted peanuts	0.5 serving	85.5	4	3.95	6	1.65
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### DINNER

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Cabbage sabzi	1 katori	62	4.7	1.5	4.2	2.6
Mix daal	1 katori	149	22.4	8.7	2.9	6

### PRE WORKOUT SNACK

Fresh fruit salad	1 katori	60	14	0.9	0.5	3.6
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### POST WORKOUT SNACK

Banana Milkshake	1 Glass	197	29.3	6.5	5.5	1.3
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### Day 3

Calories	Proteins	Carbs	Fats	Fibres
1196 kcal	57.55 g	173.5 g	31.65 g	24.25 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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#### BREAKFAST

Idli	2 idli	156	30.2	5	1.8	0
Brinjal sambhar	1 katori	117	15.9	5.5	3.5	3.2

#### MORNING SNACK

Fresh fruit salad	1 katori	60	14	0.9	0.5	3.6
Almonds	4 almond	28	1.2	1.2	2.4	0.8

#### LUNCH

Dahi Bhaat	1.5 Katori	201	31.8	5.55	5.7	0.9
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#### EVENING SNACK

Puffed Rice Chivda	1 Katori	138	19.8	3.2	5.1	2.4
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#### DINNER

Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5
Masoor Bhaji	1 Katori	189	24.7	8.5	6.4	5.6
Wheat Roti	1 roti	85	17.4	3	0.4	2.7

#### PRE WORKOUT SNACK

Peanut butter with whole wheat bread	1 slice	117	13	5.4	5.2	2.5
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#### POST WORKOUT SNACK

Boiled chicken	0.5 katori	78	0.1	18.4	0.45	0.05
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## Day 4

Calories	Proteins	Carbs	Fats	Fibres
1202.5 kcal	56.4 g	144.55 g	46.55 g	29.75 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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### BREAKFAST

Gobi matar paratha	1 piece	147	20.7	4.6	5.1	4.6
Dahi	0.5 katori	45	2.25	2.35	3	0

### MORNING SNACK

Carrot beetroot juice	1 glass	72	15.7	2.1	0	1
Soaked and peeled almonds	6 almond	48	0.6	1.8	4.2	1.2
Chia seeds	1 tbsp	47	4.1	1.6	3	3.3

### LUNCH

Wheat Roti	2 roti	170	34.8	6	0.8	5.4
Fish Curry	1 Katori	116	2.4	15.5	4.9	0.2
Capsicum lettuce salad	1 katori	49	3.7	1.1	3.7	1.9

### EVENING SNACK

Masala Toast Sandwich	1 Piece	68	10.9	2.2	1.8	1.8
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### DINNER

Chana palak curry	1 katori	129	17.2	4.9	4.8	4.9
Grilled paneer	0.5 serving	143.5	0.9	8.45	11.85	0.25
Ragi/nachni roti	1 roti	87	19.2	2	0.4	3.1

### PRE WORKOUT SNACK

Cashew Nuts	4 Piece	32	1.2	1.2	2.8	0
Dates	1 piece	25	6.1	0.2	0	0.7

### POST WORKOUT SNACK

Sprouts	1 Katori	24	4.8	2.4	0.2	1.4
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## Day 5

Calories	Proteins	Carbs	Fats	Fibres
1205 kcal	53.55 g	167.35 g	41.9 g	22.65 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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### BREAKFAST

Peas poha	1 katori	140	27.9	3	2	1.1
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### MORNING SNACK

Pear	1 piece,	77	17.6	0.9	0.3	6.4
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### LUNCH

Paneer Pulao	1.5 Katori	204	29.25	10.35	10.35	0.45
Tomato cucumber raita	1 katori	51	5.5	2.5	2.4	1.1

### EVENING SNACK

Roasted chana	0.5 katori	135	23	4.8	2.65	3.6
Buttermilk	1 glass	45	2.3	2.3	3	0

### DINNER

Wheat Roti	1 roti	85	17.4	3	0.4	2.7
Chicken curry	1 katori	163	4.6	17.9	7.7	1.7
Carrot cucumber salad	1 katori	21	4.9	0.7	0.1	1.1

### PRE WORKOUT SNACK

walnuts	4 piece	56	0.8	1.2	5.6	0.8
Khajur	2 Piece	80	15.8	1.6	1.2	1.4

### POST WORKOUT SNACK

Papaya smoothie	1 glass	148	18.3	5.3	6.2	2.3
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## Day 6

Calories	Proteins	Carbs	Fats	Fibres
1197 kcal	59.5 g	155.9 g	38.3 g	26.3 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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### BREAKFAST

Upma	1 katori	171	24.3	4.4	6.3	2.5
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### MORNING SNACK

Cucumber palak juice	1 glass	29	4.2	1.8	0.6	2.2
Soaked and peeled almonds	6 almond	48	0.6	1.8	4.2	1.2

### LUNCH

Chicken curry	1 katori	163	4.6	17.9	7.7	1.7
Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5
Wheat Roti	1 roti	85	17.4	3	0.4	2.7
Plain Rice	1 Katori	120	26.7	2.6	0.3	0.5

### EVENING SNACK

Peanut butter with whole wheat bread	1 slice	117	13	5.4	5.2	2.5
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### DINNER

Dal Khichadi	1 Bowl	173	28.6	6.6	3.6	3.5
Sprouts Salad	1 Katori	24	5	1.7	0.2	1.4
Dahi	1 katori	90	4.5	4.7	6	0

### PRE WORKOUT SNACK

Apple	1 piece,	88	20	0.3	0.8	4.8
Almonds	4 almond	28	1.2	1.2	2.4	0.8

### POST WORKOUT SNACK

Egg white, boiled	2 piece	34	0.4	7.2	0.4	0
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## Day 7

Calories	Proteins	Carbs	Fats	Fibres
1206 kcal	50.3 g	172.75 g	37.7 g	38.7 g

Items	Serving	Calories	Carbs	Proteins	Fats	Fibre
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### BREAKFAST

Tandalache Ghavan	2 Piece	108	20.2	1.6	2	0.6
Tomato peanut chutney	4 tbsp	60	3.6	2	4.8	1.6

### MORNING SNACK

Apple	1 piece,	88	20	0.3	0.8	4.8
walnuts	4 piece	56	0.8	1.2	5.6	0.8

### LUNCH

Besan roti	1 pieces	133	15.3	3.6	6.4	2.6
Palak Bhaji / Sabji	1 Katori	93	7.4	2	6.4	2.3
Carrot tomato salad	1 katori	27	5.4	0.9	0.2	2.5
Mix daal	1 katori	149	22.4	8.7	2.9	6

### EVENING SNACK

Makhana	1 katori	111	24.6	3.1	0	4.6
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### DINNER

Vegetable dalia	1 katori	83	15.4	2.7	1.6	4
Boiled soya chunks	1 katori	47	4.5	7.1	0.1	1.8

### PRE WORKOUT SNACK

Pomegranate	1 cup	144	32.5	2.9	2	7
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### POST WORKOUT SNACK

Roasted chicken	0.5 chicken	107	0.65	14.2	4.9	0.1
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**NOTE :**