

Elements of Lifestyle

Appetite



Lifestyle



Substance



Body Mass Index



Ugh! You are underweight. Your BMI score 0.00 is very less than the target range 21-24.9.



Weight



Ugh! You are underweight. Your current weight 0 kgs is less than the target range 56-61 Kgs



Disease Specific Risks

Moderate Risk Areas

Obstructive sleep apnea