



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Jul 14, 2026

Age : 22

Overall Health Score

Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Fair

40



Body Composition

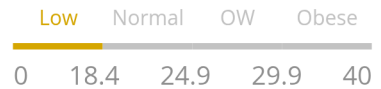


BMI

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m².
OW - Over weight

Low

16.73 MS



Body Fat Percentage

The percentage of your total body weight that is made up of fat mass. It is strongly correlated with obesity-related and cardiovascular health risks. Body fat percentage reference ranges are age and gender specific.

Normal

11.73 %



A/G Ratio

Linked to an increased risk of metabolic syndrome and obesity-related health risks. • Android Fat Percentage Concentrated in the abdomen and waist, is linked to visceral fat. • Gynoid Fat Percentage Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.

High

0.90



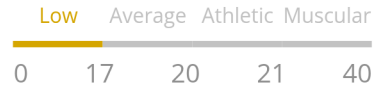


Lean Mass Index

Measure of muscularity based on lean mass and height and is correlated with both fitness and health outcomes. A higher LMI indicates more muscularity.

Low

14.77 kg/m²

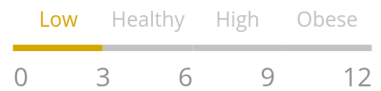


Fat Mass Index

Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.

Low

1.96 kg/m²

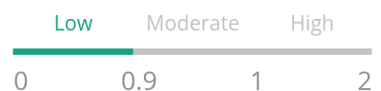


Waist-Hip Ratio

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.

Low

0.44



Waist-Height Ratio

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.

High

0.92





Normal

Low Normal High



Normal

Normal Avg



- ## Your Weight

45 Kg

Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

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