



## 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.

Good

74



## Functional Assessment



### Overhead Squats

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Normal

63 degrees



### Single Left Leg Balance

Lateral flexion, refers to the bending movement of the head sideways, towards either shoulder.

Normal

88 degrees

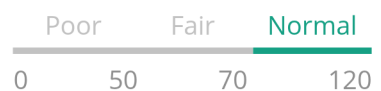


### Single Right Leg Balance

Neck rotation refers to the turning or pivoting movement of the head from side to side, as if looking over each shoulder.

Normal

83 degrees



## 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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