



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.

Great

77

Poor Fair Good Great
0 25 50 75 100

Posture Assessment



Side Posture

- i Head is slightly forward, indicating a minor forward head posture.
- i Shoulders appear rounded, suggesting some degree of kyphosis.
- i Upper back shows a slight curve, consistent with rounded shoulders.
- i Pelvis seems neutral, good alignment in the lower back region.



Recommendation

- Practice chin tucks to correct forward head posture and neck alignment.
- Perform chest opening stretches to reduce shoulder rounding and improve upper back.

Low

70

Very Low

Low

Normal

0

35

70

100



Front Posture

- i Head appears centered, good alignment with the rest of the body.
- i Shoulders seem level, no obvious signs of asymmetry or imbalance.
- i Spine appears straight, no visible lateral curves or deviations.
- i Hips and pelvis look balanced, indicating good lower body alignment.

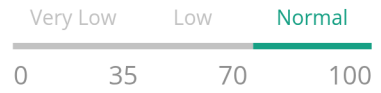


Recommendation

- Maintain consistent posture awareness throughout daily activities.
- Incorporate core strengthening exercises for enhanced stability.

Normal

85



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.

 +91 9987 15 8820 (India)

 Wagle Estate, Thane - 400604, Maharashtra, India

 contact@watchyourhealth.com

*