



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 45

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

46



Advance Fitness Assessment

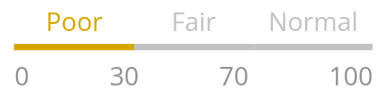


Burpee Test

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

Poor

20 degrees

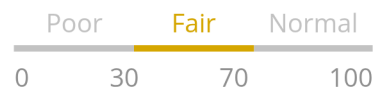


Squat Test

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

Fair

33 degrees

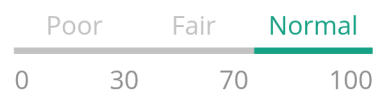


Stand and reach

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

Normal

81 degrees

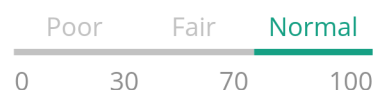


Standing Bicycle Crunch Test

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

Normal

72 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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