



HealthWatch Assessment Report

Name : JAY PATEL

Gender : MALE

Date of assessment : Sep 21, 2026

Age : 30

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.

Poor

10

Poor Fair Good Great

0 40 60 80 100

Ankle Assessment



Elbow Flexion

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

Poor

15 degrees



Ankle Dorsiflexion

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

Poor

6 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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