



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.

Great

81

Poor Fair Good Great

0 40 60 80 100

Flexibility Assessment

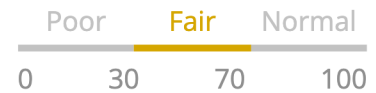


Butterfly Stretch

A stretching movement that opens the hips by bringing the soles of the feet together and gently lowering the knees toward the floor.

Fair

70 %

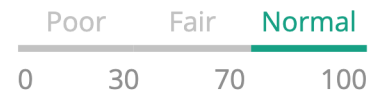


Cobra pose

A back-bending movement that lifts the chest upward while keeping the hips and legs grounded.

Normal

99 %

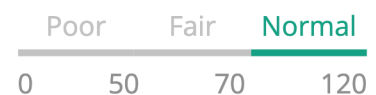


Stand and reach

A forward-bending movement that lowers the upper body toward the toes to stretch the back of the legs and lower back.

Normal

75 %



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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