



HealthWatch Assessment Report

Name : CONRAD

Gender : MALE

Date of assessment : Feb 21, 2026

Age : 23

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

79

Poor Fair Good Great
0 25 50 75 100

Key Body Vitals

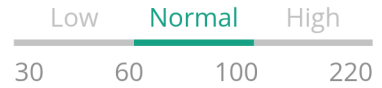


Heart Rate

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

Normal

63 beats/min

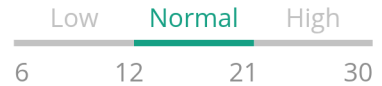


Respiration Rate

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.

Normal

16 breaths/min

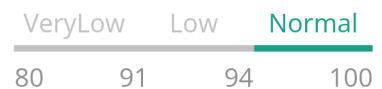


Oxygen Saturation

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

Normal

96 %

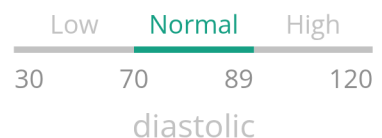
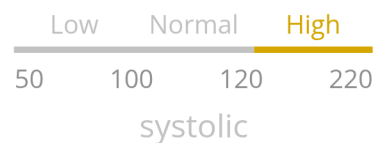


Blood Pressure

Blood pressure is a measure of the force that the heart uses to pump blood around the body. Systolic pressure - the pressure when your heart pushes blood out. Diastolic pressure - the pressure when your heart rests between beats.

High

125/79 mmHg



Heart Health

SDNN

The standard deviation of all of the NN intervals (the time intervals between each heartbeat). Higher numbers usually indicate that your body is coping better with stress.

Low

23 MS



RMSSD

The root mean square of successive intervals between normal heartbeats (RMSSD). RMSSD is obtained by first calculating each successive time intervals between heartbeats in msec.

Healthy

81 MS



PNN50

PNN50 is the proportion of adjacent N-N intervals differing by more than 50 msec. pNN50 lower than 3% is considered indicative of high risk

Normal

8 %



Cardiac Output

The amount of blood heart pumps through the circulatory system in a minute. Cardiac output in humans is generally 4-8 L/min in an at-rest.

Average

5.6 L/M



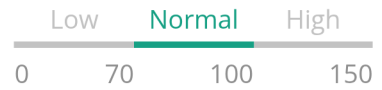


Mean Arterial Pressure

MAP is the average arterial pressure throughout one heart cycle. MAP anything between 70 and 100 mmHg is considered to be normal.

Normal

87 mmHg

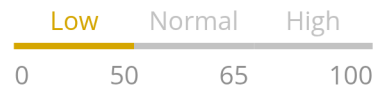


Heart Utilised

Heart utilization is the percentage of overall heart usage to its maximum peak heart rate. Generally less than 50% utilization at rest and 51-85% utilization at moderate intensity is considered as normal.

Low

32 %



Heart rate
max

191 BPM

Heart Rate
Reserve

149 BPM

Target HR
Rate

117 -
169 BPM

VO2 Max

68 ml/kg/min

Posture Assessment



Side Posture

- i Head appears in a neutral position, not excessively forward or backward.
- i Shoulders are slightly rounded forward, indicating minor postural deviation.
- i Upper back shows a slight kyphotic curve, common with rounded shoulders.
- i Lower back curvature seems within normal range, no excessive lordosis observed.



Recommendation

- Practice exercises to strengthen upper back muscles and improve shoulder retraction.
- Be mindful of maintaining an upright posture, especially during prolonged sitting.

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 relatively level, indicating good upper body symmetry.
- i Hips appear balanced, suggesting no significant lateral pelvic tilt.
- i Knees and ankles show good alignment, no obvious inward or outward rotation.

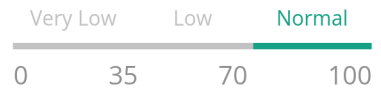


Recommendation

- Maintain awareness of shoulder position to prevent any future slumping.
- Incorporate core strengthening exercises to support overall spinal stability.

Normal

85



Fitness Assessment

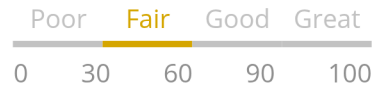


Cardiovascular Endurance

Cardiovascular endurance is the ability of the heart and lungs to sustain prolonged physical activity, crucial for overall health, athletic performance, and reducing fatigue.

Fair

58

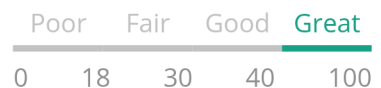


Muscular Endurance

Muscular endurance is the ability of muscles to perform repeated contractions over time, crucial for daily activities, athletic performance, and injury prevention.

Great

Reps 45

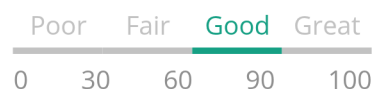


Flexibility

Flexibility is the ability of muscles and joints to move through their full range of motion, enhancing daily activities, athletic performance, and reducing injury risk.

Good

86



Body Composition

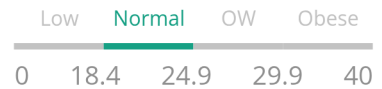


BMI

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m².
OW - Over weight

Normal

22.50 MS

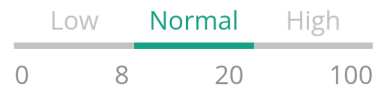


Body Fat Percentage

The percentage of your total body weight that is made up of fat mass. It is strongly correlated with obesity-related and cardiovascular health risks. Body fat percentage reference ranges are age and gender specific.

Normal

19.84 %



A/G Ratio

Linked to an increased risk of metabolic syndrome and obesity-related health risks. • Android Fat Percentage Concentrated in the abdomen and waist, is linked to visceral fat. • Gynoid Fat Percentage Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.

High

1.00



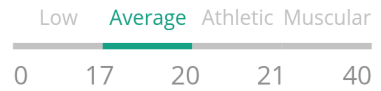


Lean Mass Index

Measure of muscularity based on lean mass and height and is correlated with both fitness and health outcomes. A higher LMI indicates more muscularity.

Average

18.04 kg/m²

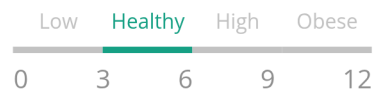


Fat Mass Index

Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.

Healthy

4.46 kg/m²

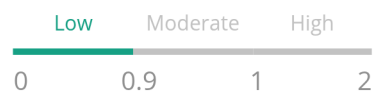


Waist-Hip Ratio

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.

Low

0.52



Waist-Height Ratio

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.

High

0.90



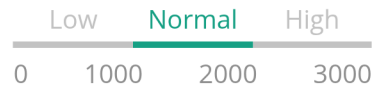


Metabolic Rate

It is the rate at which the body burns calories to maintain vital functions and perform activities, encompassing all processes like breathing, circulation, cell production, and digestion.

Normal

1585.04 kCal



Metabolic Age

Metabolic age indicates how your body functions compared to your actual age, based on factors like metabolism, muscle mass, and fitness levels. A younger metabolic age suggests better overall health and fitness.

Avg

30



Body Weight Distribution

- **Lean Mass** : 49.70 Kg
Mass of muscle, bone, organs, and water in your body, measured in pounds or kilograms.
- **Fat Mass** : 12.30 Kg
Adipose tissue in your body, measured in pounds or kilograms.



Stress Level



Stress Index

Body's response to everyday pressures resulting from emotional or physical tension. A Stress Index below 1.5 is considered normal.

Normal

1.27 Stress Index

Your Stress Level is Normal

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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