

Date:22/03/11 Time:14:21

Weight: 54.2 kg
Height: 158.5 cm

Your BMI is: 21.6
Normal BMI Range: 19-25

Ideal Weight: 47-62 kg

Body Fat Index: 27.9 %
Mass Body Fat: 15.1 kg

Ideal Body Fat:18-27 %
Ideal body Fat Mass
9.8-14.6 kg
Daily Energy Requirement
1264 Kcal

Blood Pressure
91/64 mmHg
Pulse Rate: 92/ppm

Normal Blood Pressure
Less than 140/95

Do not self medicate.
Check with your Doctor.
Thank you for your Visit!

PAIDA VENDING LIMITED