



Preventive Health Report

Bio-Resets for Stronger Health, Energy & Clarity

Dear [Redacted]

Welcome to Moodforest. This report summarizes your current health scores, key markers, and areas of progress in a clear and meaningful way.

Some values may require interpretation by qualified health professionals. Where reference ranges are shown, they may reflect our commitment to optimal—not just normal—health.

We look forward to supporting your journey with care, clarity, and consistency.

Enrollment Snapshot

ID: [Redacted] | Female | 41 Years | Corporate

Cohort: [Redacted] | Protocol: Bio-Reset (7 days) | [Redacted]

Assessments: Body, Blood & Cognitive

Pre: Between sign-up and arrival

Post: Cohort end + 10 days

Follow-up: 1 month after Post

Your Health Journey



Building Momentum

Domain Scores

Domain	Importance	Pre	Post	Follow-up
Cognitive Clarity	25	18	20	22
Cardio Health	15	7	7	10
Metabolic Resilience	15	5	5	12
Inflammation Control	10	4	7	7
Nutritional Strength	10	3	7	8

Physical Vitality	10	1	4	8
Belly Balance	15	2	2	2
Overall Score	100	40	52	69

Key Health Markers

Metric	Target	Pre	Post	Follow-up
Weight (kg)	—	79.00	74.60	71.50
Waist (cm)	Lower	118.00	103.00	97.00
BMI (kg/m ²)	~21	34.19	32.29	30.95
Visceral Fat (%)	<5	21.00	17.00	15.00
HDL Cholesterol (mg/dL)	40–60	47	44	50
LDL Cholesterol (mg/dL)	<75	137	145	105
Triglycerides (mg/dL)	<100	175	168	135
hsCRP (mg/L)	<1	11.76	2.64	1.78
Apo B (mg/dL)	<80	112.00	118.00	98.00
HbA1c (%)	<5.7	6.50	6.10	5.60
Vitamin D (ng/mL)	40–80	12	27	25
Vitamin B12 (pg/mL)	600–900	176	427	512
Body Age (yr)	Below 42	62	59	57

Note: During fasting or rapid fat-burning states, cholesterol, triglycerides and Apo B may temporarily fluctuate as the body adapts. Follow-up results often better reflect long-term cardiovascular improvement.

Special Notes

Your Goals

"I wish to attain a sustained state of physical and mental flow. Currently, I experience morning fatigue, reduced decision clarity, and occasional mood swings. I am also mindful of my family history—diabetes (mother), cardiac condition (father), and colon cancer (grandfather). I have two small itchy patches on my abdomen diagnosed as psoriasis, along with a small lipoma, I also occasionally notice joint pain."

Initial Observations

(Nov 20, 2025)

Baseline showed metabolic stress—elevated inflammation, impaired glycemic control, and low Vitamin D and B12.

Symptoms included fatigue, skin irritation, and intermittent joint discomfort.

Progress Review

(Dec 10, 2025)

Clear improvements seen:

Weight, BMI, waist ↓

Visceral fat ↓ (still above optimal)

hsCRP ↓ significantly, reflecting a marked reduction in inflammatory load.

HbA1c improved into the normal range, indicating improved glycemic control.

Vitamin D, B12 ↑ (still not optimal)

Symptom-wise:

Joint discomfort no longer limiting

Skin irritation not active

Lipoma not prominent

Energy and mental clarity improved (reported)

Lipid markers remain elevated but are improving—worth tracking over the next cycle.

Follow-up Review

(Jan 11, 2026)

Markers are consistently trending toward improved metabolic and inflammatory status, with good alignment between data and how the participant feels.

Another cycle in 2–3 months should help consolidate gains—especially lipids and nutrient levels.

Next Steps

Strong progress. Keep building.

Your Moodforest Team



Vipin

Dr Vipin Gupta, PhD
Health Scientist

Madhur Anand

Madhur Anand, MA
Clinical Psychologist

Jitendra Saraf

Dr Jitendra Saraf, MD
Medical Advisor

A multidisciplinary team supporting your physical, emotional, and preventive health journey.

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Disclaimer: This report is intended for wellness tracking, preventive health awareness, and progress monitoring. It is not a medical diagnosis or a substitute for professional medical advice, treatment, or emergency care. Individual results may vary and are subject to protocol adherence, personal health factors, and follow-through. Clinical decisions should always be made in consultation with a qualified healthcare professional.

Moodforest LLP | www.moodforest.co | +91-8602525887 | Care@Moodforest.co