

A PERSONALIZED STARTING POINT

Your Health Ballistics Report

Personalized findings, interpretation, and next steps

What this profile shows. Your measured and reported information is brought together to identify practical priorities. This sample illustrates a person with strong cardiorespiratory fitness and generally favorable habits, for whom the remaining recommendations focus on sleep timing and maintaining aerobic capacity.

Your index snapshot

INDEX	SCORE	BAND	WHAT IT SUGGESTS
LPF	84	Above Average	Favorable long-term health profile across the included domains.
LQI	78	Above Average	Favorable current quality-of-life profile in the reported data.
PGS	6	Mildly Misaligned	A small gap between perception and measured findings.
MLI	0	No reliance reported	No medication reliance detected in the supplied information.

How to read the indexes

LPF, Longevity Probability Forecast. A composite view of included health signals such as fitness, metabolic measures, and sleep. This score is not an individual prediction of lifespan.

LQI, Life Quality Index. A summary of reported quality-of-life factors and function in the domains collected.

PGS, Perception Gap Score. A comparison of self-perception with measured and reported findings. A gap invites a closer look.

MLI, Medication Load Index. A summary of medication information provided, interpreted alongside other health measures.

Data integrity: All major domains were calculable from the information supplied.

THE MEASURED STARTING POINT

Your profile across domains

The numbers below are included to show why these particular priorities appeared.

Cardiorespiratory fitness

VO₂: 36.8 mL/kg/min; 10.5 METs

Class: Excellent; 80th percentile

Resting heart rate: 68 bpm

Metabolic syndrome severity

MSSS: Direct estimate; 10th percentile

TG/HDL ratio: 1.27

Inputs: Waist, triglycerides, HDL, fasting glucose, systolic blood pressure

Nutrition patterns

Protein priority: Always

Sugary drinks / ultra-processed foods: None / none

Alcohol: None; 0 drinks per week

Movement screen

Composite: Optimal

Referral required: No

Sleep and stress

Sleep: 8.5 hours; quality 9/10

Stress: 2/10

Sleep latency flag: Yes

Late meal flag: No

Family history and medications

Family history: No type 2 diabetes, cardiovascular disease, or stroke reported

MLI: 0; no medication use reported

Metabolic syndrome severity is a continuous measure. The 10th percentile falls in the lower-severity portion of the reference distribution; it is not a diagnostic category or clinical cutoff.

Weighted Variable Matrix

Ranked upstream levers for this profile

BEHAVIORAL LEVER	IMPACT	WHY IT APPEARS
Sleep window and consistent wake time	2 / 5	Addresses the reported sleep latency flag and supports more consistent recovery.
Zone 2 aerobic progression	2 / 5	Maintenance focus with fitness already at the 80th percentile.

FROM FINDINGS TO PRIORITIES

Your next steps

A strong starting point changes what deserves attention. The matrix emphasizes the areas with room to improve or maintain, rather than repeating general advice.

Why the ranking matters

A high-impact action can influence several connected areas at once, a leverage cascade. Here, cardiorespiratory fitness is already excellent and the metabolic profile is favorable. The recommended aerobic work is therefore framed as maintenance, while the sleep latency finding makes consistent timing a reasonable first focus.

01 Sleep window and consistent wake time

The report shows 8.5 hours of sleep and a quality rating of 9/10, alongside a sleep latency flag. A stable wake time and consistent sleep window may help align bedtime cues and make it easier to fall asleep. Track time to sleep and morning alertness as you try the change.

02 Zone 2 aerobic progression

Your VO_2 is 36.8 mL/kg/min (10.5 METs), with an excellent classification and an 80th-percentile estimate. Continue aerobic work at a sustainable load and watch perceived exertion, daily energy, and recovery. This is a maintenance priority in this profile, not a call to make exercise the primary intervention.

Included 30-minute personal consultation. Review the findings with Peter Cummings, ask questions, and decide how to apply these priorities. The conversation is included with the Health Ballistics Report.

Professional safety advisory

Health scores cannot replace basic safety practices. Smoking, vaping, recreational drug use, and inconsistent seatbelt or helmet use warrant attention independent of this profile.

Important: This sample is for education and personalized health guidance. It is not medical advice, diagnosis, medical clearance, or a substitute for care from a licensed healthcare professional.