



# UF INDEX™ REPORT

UF Index Measurement-Based Impact Study

---

December 2023



The UF Index is an authentic tool that delves into the connection between mind and body, inspiring individuals to embrace healthier lifestyles. A 3-minute online questionnaire effectively assesses an individual's overall lifestyle, including energy levels.

This report illustrates the transformative journey over 4 months of 50 teachers enrolled in our first UFT (Urja for Teachers) program.

**Participating Schools ( Bangalore ) :**

- Police Public School
- Building Blocks
- Samriddhi

1. **About The UF Index:** The Index is numerically represented as a single-digit score from 1 to 5. This score is derived from lean body mass, perceived energy levels, duration of uninterrupted sleep, and body feeling.
2. **Interpreting the Score:** The report breaks down the scoring system, illustrating specific female and male score ranges

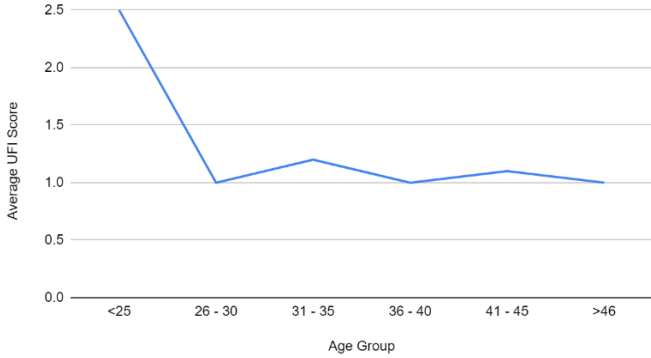
	1	2	3	4	5
<b>Female</b>	Less than 68%	69 - 75%	76 - 79%	80 - 86%	87 - 100%
<b>Male</b>	Less than 75%	76 -82%	83 - 86%	87 - 94%	95 -100%
	BELOW HEALTHY LEAN MASS	AVERAGE	FITNESS	ATHLETE	ESSENTIAL LEAN MASS

Table 1: Interpreting the Score

3. **Significance of the UF Index:** While defining energy levels, the index provides actionable steps to optimize health. This leads individuals to make efficient choices for a healthy lifestyle
4. **Progress Tracking:** The report recommends participants to undertake the assessment every three months, highlighting the value of tracking one's progress over time.
5. **Group Index & its Value:** The individual index contributes to the group index. This fosters discussions around improving well-being and cultivates a positive mindset towards self-care.
6. **Decoding Lean Body Mass (LBM):** The average range of LBM is between 60-90% of total body weight. Higher your LBM, greater is your muscle mass, and a healthier you!
7. **Improved Rate of Perceived Energy (RPE):** Higher physical activity and mindful nutrition improve your overall feeling throughout the day and thus, your RPE.
8. **Body feeling:** How one feels inside one's body is essential to one's well-being. While qualitative, this feeling can impact one's sense of wellness and quality of life.
9. **Sleep:** The quality of sleep directly impacts the quality of life and productivity. The Index brings awareness for the same.

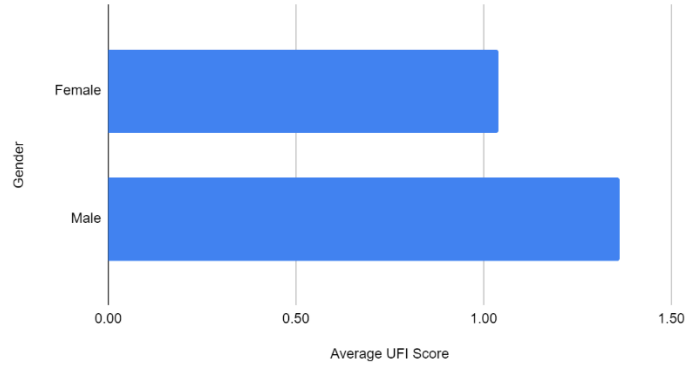
# INFERENCES

Average UFI Score in different Age Groups



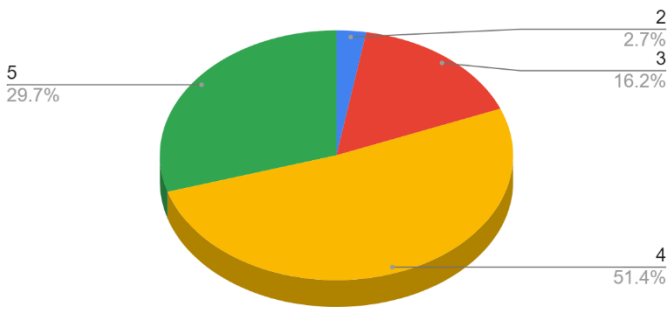
The average score drops to 1 for people over 25 years.

Average UFI Score vs. Gender



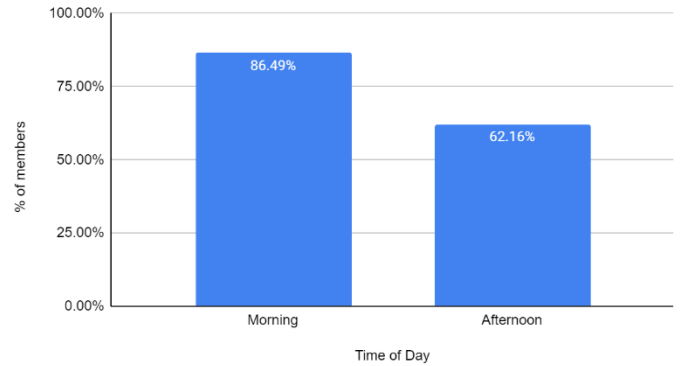
Male participants had a higher score on average.

Rating on Body Feeling (1 to 5)



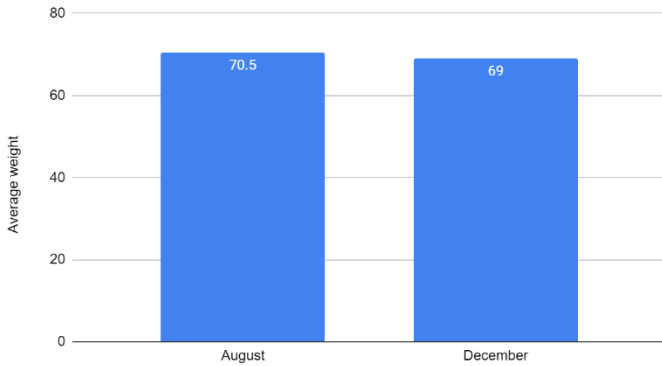
Only 29.7% rated their body 5, and 51.4% rated 4.

High RPE : Morning vs Afternoon



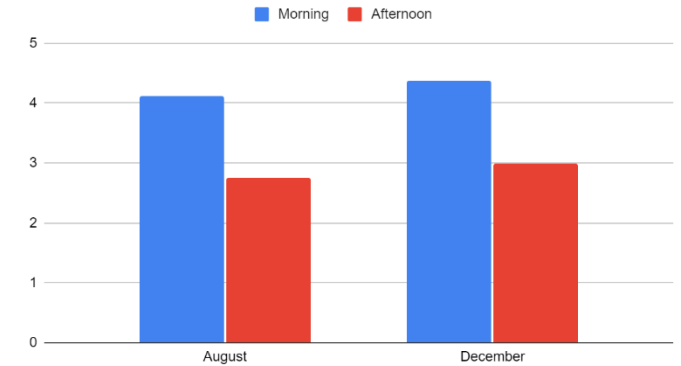
Majority of the participants claimed to have higher RPE in the morning compared to the afternoon.

Average weight August vs December



The average weight of sample participants has been reduced.

RPE August vs December



RPE morning and afternoon have improved

## CONCLUSION

The results of the UF Index among 3 schools concludes:

**Age Impact:** A potential decline in overall well-being with age.

**Gender Influence:** A potential variation in wellness trends based on gender.

**Body Perception Ratings:** A prevalent positive self-perception among participants.

**RPE Discrepancies:** A potential variation in energy levels throughout the day.

**Weight Changes:** A potential positive impact on physical health and fitness.

**Improved RPE:** An enhanced perceived energy levels among participants.

Lean Body Mass has a significant impact on health. It supports various aspects like calorie burning, blood sugar management, and recovery from illnesses or injuries. The report recommends regular reassessment of the UF Index every three months, fostering a continuous journey toward wellness. The overall group index encourages participants to engage in discussions about improving individual well-being.

## 1000+ Students benefited from Urja

### Testimonials

*We practice the Urja program at home on alternate days and weekly. With students we practice URJA daily, and students feel energetic and more concentrated, and their flexibility has increased.*

**-Noor Saba, Teacher, Samridhdhi Trust**

*I practice URJA every day. I found a lot of differences, and I am fit and fine. My approach as a teacher changed. Overall, energy has changed. In the school, students are very active and voluntarily ask for it. A difference is seen in students.*

**- Ashwini R, Teacher, Samridhdhi Trust**

Scan here to watch the complete testimonial video on YouTube.



Scan here to learn more about the UF Index

