

First and Last Name _____

Date of Birth _____



Measurements

Having excess fat around your stomach can affect your health. It places you at risk for Type 2 diabetes, high blood pressure and heart disease.

	Your Result	Normal Results
Height	_____	
Weight	_____	
Waist Circumference	_____	Men: Less than 40 inches Women: Less than 35 inches (not pregnant)



Blood Pressure

High blood pressure increases your risk for heart disease, heart failure and stroke.

	Your Result	Normal Results
Blood Pressure	_____	Less than 120/80



Cholesterol

Normal cholesterol levels could mean a lower risk of heart disease, heart attack and stroke.

	Your Result	Normal Results
Total Cholesterol	_____	Less than 200
HDL (Good Cholesterol)	_____	Men: at least 40 Women: at least 50 Levels above 60 are ideal
TC/HDL Ratio	_____	Men: less than 4.7 Women: less than 3.8
LDL (Bad Cholesterol)	_____	Levels below 100
Triglycerides (Fat Levels in Blood)	_____	Below 150



Glucose (Blood Sugar)

Having high glucose (blood sugar) levels puts you at risk for diabetes. Over time, diabetes can lead to heart disease, stroke and kidney disease.

	Your Result	Normal Results
A1C	_____	Less than 5.7
Glucose	_____	Less than 100

Medical Provider Signature: _____

Date: _____