

Personal Health Record

Instructions

Mark your current health status on the following items. Include your lifestyle score from the self-test, "How Healthy is Your Lifestyle." After 8 weeks, compare your achieved results with starting values. Ask your doctor for help on items you don't know.

Health Indicator	Starting value	Desirable	Achieved after 8 Weeks
Weight	_____	_____	_____
BMI	_____	BMI <25	_____
Waist girth	_____	M<35 in., F<32 in.	_____
Exercise:			
min/week, or	_____	150+ min/wk	_____
miles/week, or	_____	6-15+ miles/wk	_____
steps/day	_____	6000-10,000+	_____
Blood pressure	_____	less than 120/80	_____
Cholesterol:			
Total chol.	_____	less than 200	_____
LDL chol	_____	less than 200	_____
HDL chol	_____	less than 200	_____
Blood glucose	_____	less than 100	_____
HgA1c	_____	Less than 5.0%	_____
Your Lifestyle Score (0-100)*	_____	80-100	_____
Peak Aerobic Capacity (METS)	_____	_____	_____
Other _____	_____	_____	_____
Other _____	_____	_____	_____

* Your score from the self-assessment "How Healthy is Your Lifestyle?" scoring sheet.