

Initial and Quarterly Health Assessment

Date:	Week 1	Week 13	Week 26	Week 39	Week 52
Height/Weight					
Body Mass Index*					
Waist Circumference**					
Hip Circumference**					
Waist to Hip Ratio**					
Clothing Sizes					
Body Fat Percentage (if available)					
Blood Pressure					
Blood Sugar					
Total Cholesterol					
HDL Cholesterol					
LDL Cholesterol					
Triglyceride					
Medications You Take					
Other Health Concerns/Risk Factors					
Your Purpose & Motivation now					
Your Short Range Health Goals					
Your Whole Life Goals					
* See BMI Chart in <i>Your Whole Life</i> , p. 282, or online at http://www.nhlbisupport.com/bmi/bminojs.htm					
** See <u>Waist & Hip Measurement Instructions</u> online					