



# ***How Do You Stack Up?***

**Assessing Your Health and Fitness Condition**

**By**

***Jeffrey E. Robinson, NSCA-CPT***

***ResultZ Personal Training, Inc.  
Get Fit! Get ResultZ!***

***311 Tequesta Drive***

***Destin, FL 32541***

***850-654-4784***

***850-496-3294***

***Email: [getresultz@cox.net](mailto:getresultz@cox.net)***

***[www.resultzpersonaltraining.com](http://www.resultzpersonaltraining.com)***

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## How Do You Stack Up?

Congratulations! You're taking an important step in your health and fitness by evaluating "how you stack up". I believe that if you're going to be successful in any fitness and health endeavor, it is vitally important to know "where you are now", before you can decide "where you want to be".

As you take stock in your health and fitness condition, you may be wondering: What is a healthy body-weight to have at my age? What would be a reasonable waist size for me now? Some of you may have additional health issues, such as: high blood pressure, high cholesterol, diabetes, or high triglycerides. How do these issues compare to what is considered healthy or normal?

In this report, you can focus on several important health parameters that will give you a better picture of your health and fitness condition. Of course, you must remember, I'm not a doctor. Therefore, before you embark upon any new health and fitness program, you need to have your total health and fitness evaluated by your family physician. However, this report can give you some useful guidelines and offer "some food for thought" about your physical condition. Hopefully, it'll be the impetus to start or modify your fitness and diet program in the future.

The following fitness and health parameters will be discussed in this report:

- What Is Your "Get-Real Weight"?
- What Is Your BMI?
- What Is Your Waist Measurement and Your Waist-to-Hip Girth Ratio?
- What is your Resting Heart Rate?
- What Are Your Blood Pressure Numbers?
- What Are Your Cholesterol and Triglyceride Numbers?

Before we discuss these fitness and health parameters, you need to gather some data about yourself. If you can, obtain and record the following information:

Your current bodyweight in pounds \_\_\_\_\_lbs

Your height in inches \_\_\_\_\_inches

Your waist measurement at smallest girth in inches \_\_\_\_\_inches

Your hip measurement at largest girth in inches \_\_\_\_\_inches

Your Resting Heart Rate \_\_\_\_\_ beats/minute

Your Blood Pressure \_\_\_\_\_ / \_\_\_\_\_ mmHg

Your Cholesterol \_\_\_\_\_ Total Cholesterol mg/DI  
\_\_\_\_\_ HDL mg/DI \_\_\_\_\_ LDL mg/DI

Your Triglycerides \_\_\_\_\_ mg/DI

## How Do You Stack Up?

You will need these numbers to calculate some of the health parameters and to compare your numbers to what is considered normal or healthy. So let's get started.

**What Is Your "Get-Real Weight"?** I'm a proponent of Dr. Phil's "Ultimate Weight Solution" program because it offers a sensible food plan that get results in a healthy and effective way. In Dr. Phil's "Ultimate Weight Solution Food Guide", he offers a table titled *Dr. Phil's Bodyweight Standards*, where he identifies your "get-real weight". This table is a guideline for how much you should weigh. For each gender and height, he gives three weight values: a low weight for small boned people, a middle weight for average boned people, and a high weight for large boned people. His table is reproduced below:

<b>Dr. Phil's Bodyweight Standards</b>		
<b>Height</b>	<b>Weight for Women</b>	<b>Weight for Men</b>
4'-10"	90-100-110	114-127-140
4'-11"	95-105-116	119-132-145
5'- 0"	99-110-121	123-137-151
5'- 1"	103-115-127	128-142-156
5'- 2'	108-120-132	132-147-162
5'- 3"	112-125-138	137-152-167
5'- 4"	117-130-143	141-157-173
5'- 5"	122-135-148	146-162-178
5'- 6"	126-140-154	150-167-184
5'- 7"	130-145-160	155-172-189
5'- 8"	135-150-165	159-177-195
5'- 9"	139-155-171	164-182-200
5'-10"	144-160-176	168-187-206
5'-11"	148-165-182	173-192-211
6'- 0"	153-170-187	177-197-217
6'- 1"	157-175-193	182-202-222
6'- 2"	162-180-198	186-207-228
6'- 3"	166-185-204	191-212-233
6'- 4"	171-190-209	195-217-239

Adapted from "The Ultimate Weight Solution-FOOD GUIDE"  
by Dr. Phil McGraw, 2004, Page 9

As with any weight chart, this is just a guideline. People with muscular bodies, such as bodybuilders, power-lifters, football players, etc, don't fit well with this table. Or, you may fit within the guidelines, but have excessive body fat distributed on your waist. (Large waist-lines are discussed in the section titled "**What Is Your Waist Measurement and Your Waist-to-Hip Girth Ratio?**") However, for the average population, they offer a healthy "target weight" to maintain or achieve. So, what is your "get-real weight" and how do you stack up?

**What Is Your BMI?** I'm sure you have heard the terms "overweight" and "obese". Each of these two conditions has a very specific definition and can be quantified. Doctors, dietitians, nutrition counselors, and personal trainers use a measure called the Body Mass Index or BMI to determine if a person is underweight, normal weight, overweight or obese.

## How Do You Stack Up?

The BMI categorization for overweight or obese conditions is only one indicator of weight problems. Body fat measurements are also used to categorize or classify overweight or obese conditions. However, for health studies of large populations, the BMI number is more convenient to calculate and is frequently used by researchers and medical professionals to determine who is underweight, normal, overweight or obese.

The BMI number is not always accurate for those who have large muscle development like bodybuilders, power-lifters, and professional athletes.

If you're curious what your BMI number is, refer to the **Body Mass Index Chart** at the end of this report or you can calculate it. The formula to calculate your BMI number is:

$$\text{BMI} = 703 \times \text{Bodyweight in Pounds} / (\text{Height in inches})^2$$

So, to calculate your BMI number, take your bodyweight, in pounds, multiply times 703 and then divide by the height, in inches, squared:

Here is an example:

Bodyweight in pounds = 185  
Height in inches = 75

$$\text{BMI} = 703 \times 185 / (75)^2 = 23.1 \text{ (which falls into the "Normal" category)}$$

Use the following table to determine your BMI category:

Classification of (BMI) Body Mass Index	
Body Mass Index	Category
less than 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 to 34.9	Obese - Class I
35.0 to 39.9	Obese - Class II
40.0 or more	Obese - Class III or Extremely Obese

**What Is Your Waist Measurement and Your Waist-to-Hip Girth Ratio?** Your waist measurement and waist-to-hip girth ratio are important indicators of your health and fitness. An overweight man with a waistline of over 40 inches or an overweight woman with a waistline of over 35 inches has a high risk of coronary heart disease, high blood pressure, colon cancer or diabetes. Body fat control and waistline management are important factors in improving your overall health and fitness.

In addition to the waist measurement, you should also be aware of your Waist-to-Hip Girth Ratio. High Waist-to-Hip Girth Ratios also increase the risk of coronary heart disease, high blood pressure, colon cancer or diabetes. To determine this ratio, measure the circumference of your waist at the smallest girth around your abdomen and divide that measurement by the circumference at the largest girth measured around your hips. The

## How Do You Stack Up?

following table gives you guidelines for various Waist-to-Hip Girth ratios for each gender, age group and risk category. It offers guidelines for the desired Waist-to-Hip Girth Ratio needed to place you in the low risk category:

<b>Waist-to-Hip Girth Ratio Guidelines for Men and Women</b>				
Age	Risk Category			
	Low	Moderate	High	Very High
<b>For Men</b>				
20-29	Less than 0.83	0.83 to 0.88	0.89 to 0.94	More than 0.94
30-39	Less than 0.84	0.84 to 0.91	0.92 to 0.96	More than 0.96
40-49	Less than 0.88	0.88 to 0.95	0.96 to 1.00	More than 1.00
50-59	Less than 0.90	0.90 to 0.96	0.97 to 1.02	More than 1.02
60-69	Less than 0.91	0.91 to 0.98	0.99 to 1.03	More than 1.03
<b>For Women</b>				
20-29	Less than 0.71	0.71 to 0.77	0.78 to 0.82	More than 0.82
30-39	Less than 0.72	0.72 to 0.78	0.79 to 0.84	More than 0.84
40-49	Less than 0.73	0.73 to 0.79	0.80 to 0.87	More than 0.87
50-59	Less than 0.74	0.74 to 0.81	0.82 to 0.88	More than 0.88
60-69	Less than 0.76	0.76 to 0.83	0.84 to 0.90	More than 0.90

Adapted NSCA's *Essentials of Personal Training*, 2003, Earle & Baechle, Table 11.15, page 247 and from Bray and Gray, 1988

**What is Your Resting Heart Rate?** Your Resting Heart Rate is an important indicator of your cardiovascular health. If you don't know the proper manner to get your Resting Heart Rate, read the following guidelines:

*Bend your elbow with you arm at your side and hold the palm of your hand up. The radial artery is located near the inside of the wrist just below the base of your thumb. Using the middle (longest) and index (pointer) fingers, gently feel for the artery pulse. Count the pulse rate for 10 seconds and then multiply by 6 to get the heart rate for one minute. The best time for a resting pulse rate count is just after awakening or after sitting for an extended period of time. You may use other durations for counting to get your resting heart rate. See the following table for guidelines:*

<b>Conversion Rates for Heart Rate Count Durations</b>	
<b>Heart Rate Count Duration</b>	<b>Multiplier to get beats/min.</b>
6 seconds	10
10 seconds	6
15 seconds	4
30 seconds	2

After obtaining your Resting Heart Rate, you can compare it with the Resting Heart Rate classifications and normative values in the following two tables:

## How Do You Stack Up?

Resting Heart Rate Classifications	
Less than 60 beats/minute	Slow heart rate (bradycardia)
60 to 100 beats/minute	Normal Heart Rate
Over 100 beats/minute	Fast Heart Rate (tachycardia)

Normative Values for Resting Heart Rate, ages 18+		
Heart Rate Category	Heart Rates (beats/min)	
	Men	Women
Low	35-56	39-58
Moderately Low	57-61	59-63
Below Average	62-65	64-67
Average	66-71	68-72
Above Average	72-75	73-77
Moderately High	76-81	78-83
High	82-103	83-104

The above three tables were adapted from *NSCA's Essentials of Personal Training*, 2003, Earle & Baechle, page 239

As a person improves their cardiovascular condition, the Resting Heart Rate lowers. This is because that consistent, moderate cardio exercise over time will cause the heart chambers to enlarge to handle more blood volume each time it pumps. In a very highly conditioned individual, the heart chambers can enlarge up to 40% compared to a sedentary individual. Heart rates of 45 to 60 are not uncommon in long distance runners and marathoners.

Resting Heart Rates in the "Moderately High" or "High" category probably indicate that your cardiovascular system is inefficient and that activities such as running, jogging, fast walking, bicycling, swimming or aerobic dance exercises should be added to your exercise regimen to improve your Resting Heart Rate and cardiovascular condition.

**What Are Your Blood Pressure Numbers?** It is important that you monitor your blood pressure and understand meaning of the blood pressure numbers. Blood Pressure (BP) is given by two numbers. The first number – the Systolic Pressure is the blood pressure when the heart is contracting and pumping blood through the arteries. The second number – the Diastolic Pressure is the pressure when the heart is relaxing between contractions. The pressure is measured in millimeters of mercury (mmHg) on a pressure gauge.

Both numbers are significant and represent an indication of your cardiovascular health. Values of 140/90, and above, indicate high blood pressure or hypertension. High blood pressure has been called the "silent killer". Severe consequences can occur to your health with prolonged high blood pressure.

You should know your most recent blood pressure readings. If you don't know them, many drug stores have blood pressure testing machines. Get a reading. If it is high (140/90 and above), see your doctor immediately to verify your blood pressure status.

## How Do You Stack Up?

The following Blood Pressure Classifications are used to determine your blood pressure status:

Blood Pressure Standards	
BP Reading in mmHG	Blood Pressure Classification
Less than 120/80	Optimal
120/80 to 129/84	Normal
130/85 to 139/89	High Normal
140/90 to 159/99	Hypertension – Stage 1
160/100 to 179/109	Hypertension – Stage 2
Over 180/110	Hypertension – Stage 3

Lack of exercise, stress, poor diet, high sodium intake, smoking and the amount of body fat can contribute to higher blood pressure scores. People with high blood pressure may be able to reduce it by changing their eating and exercise habits, losing weight, or eliminating smoking.

**What Are Your Cholesterol and Triglyceride Numbers?** High cholesterol and high triglycerides, much like high blood pressure, can also be a “silent killer”. Let’s look at the “good”, “bad” and the “ugly” of these numbers. High HDL cholesterol numbers are good, high LDL cholesterol numbers are bad, and high triglyceride numbers are bad (or ugly). A number called the HDL Factor is also a significant number and is calculated by dividing the Total Cholesterol by the HDL Cholesterol number. High HDL Factor numbers are bad.

High LDL cholesterol and high triglycerides can cause deposits on the artery walls creating blockages leading to heart attacks and strokes. Compare your latest cholesterol and triglyceride values with the following chart to see how you stand. All values, except the HDL Factor ratio, are in mg/DL.

Evaluation of Cholesterol/Triglycerides Values			
Component	Healthy	Borderline	Unhealthy
Total Cholesterol	<200	200-239	>240
LDL	<100	100-159	>160
HDL	>60	41-60	<40
Triglycerides	<150	150-199	>200
HDL Factor –Men	<3.6	3.6-5.4	>5.4
HDL Factor –Women	<3.1	3.1-4.1	>4.1

If you are borderline, a regular exercise program involving aerobic exercise along with a low fat diet may bring your numbers into the “healthy” or desirable range. If not, medication is often prescribed. Whatever the case, don’t let this “silent killer” sneak up on you. Be aware of your blood work and the related cholesterol and triglyceride numbers and discuss this with your physician. If you don’t know your cholesterol numbers, call your physician and get a test as soon as possible.

## ***How Do You Stack Up?***

**So, How Do You Stack Up?** If you have taken the proper measurements and answered the questions above, you should know the following baseline health and fitness information about yourself:

- Your current (starting) bodyweight
- Your ideal or “get real” bodyweight
- Your BMI and BMI category (are you normal, overweight, or obese?)
- Your waist-line measurement (is it 40” or less, if a man, or 35” or less, if a woman?)
- Your Waist-To-Hip Girth Ratio (are you in the “low risk” category for your age and gender?)
- Your Resting Heart Rate (are you low, average or high?)
- Your Blood Pressure (are you normal, or hypertensive?)
- Your Cholesterol numbers and their categories (are you in the “healthy, borderline or unhealthy” categories?)

To help you organize and record your health and fitness parameters, use the **My Goals Worksheet** found at the end of this report.

I hope this report helped you understand a little more about your health and fitness condition. There are many other parameters that can also help determine your physical condition, but the items discussed above are some of the more important health and fitness parameters.

Yours in health and fitness,

Jeffrey E. Robinson, NSCA-CPT  
Certified Personal Trainer  
ResultZ Personal Training, Inc.  
850-654-4784 office  
850-496-3294 cell  
[getresultz@cox.net](mailto:getresultz@cox.net)  
[www.resultzpersonaltraining.com](http://www.resultzpersonaltraining.com)

## How Do You Stack Up?

Body Mass Index (BMI) Chart																	
Weight in Lbs	Height in Inches																
	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
110	21.5	20.8	20.1	19.5	18.9	18.3	17.8	17.2	16.7	16.2	15.8	15.3	14.9	14.5	14.1	13.7	13.4
115	22.5	21.7	21.0	20.4	19.7	19.1	18.6	18.0	17.5	17.0	16.5	16.0	15.6	15.2	14.8	14.4	14.0
120	23.4	22.7	21.9	21.3	20.6	20.0	19.4	18.8	18.2	17.7	17.2	16.7	16.3	15.8	15.4	15.0	14.6
125	24.4	23.6	22.9	22.1	21.5	20.8	20.2	19.6	19.0	18.5	17.9	17.4	17.0	16.5	16.0	15.6	15.2
130	25.4	24.6	23.8	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7	18.1	17.6	17.1	16.7	16.2	15.8
135	26.4	25.5	24.7	23.9	23.2	22.5	21.8	21.1	20.5	19.9	19.4	18.8	18.3	17.8	17.3	16.9	16.4
140	27.3	26.4	25.6	24.8	24.0	23.3	22.6	21.9	21.3	20.7	20.1	19.5	19.0	18.5	18.0	17.5	17.0
145	28.3	27.4	26.5	25.7	24.9	24.1	23.4	22.7	22.0	21.4	20.8	20.2	19.7	19.1	18.6	18.1	17.6
150	29.3	28.3	27.4	26.6	25.7	25.0	24.2	23.5	22.8	22.1	21.5	20.9	20.3	19.8	19.3	18.7	18.3
155	30.3	29.3	28.3	27.5	26.6	25.8	25.0	24.3	23.6	22.9	22.2	21.6	21.0	20.4	19.9	19.4	18.9
160	31.2	30.2	29.3	28.3	27.5	26.6	25.8	25.1	24.3	23.6	23.0	22.3	21.7	21.1	20.5	20.0	19.5
165	32.2	31.2	30.2	29.2	28.3	27.5	26.6	25.8	25.1	24.4	23.7	23.0	22.4	21.8	21.2	20.6	20.1
170	33.2	32.1	31.1	30.1	29.2	28.3	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7
175	34.2	33.1	32.0	31.0	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	21.3
180	35.2	34.0	32.9	31.9	30.9	30.0	29.0	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9
185	36.1	35.0	33.8	32.8	31.8	30.8	29.9	29.0	28.1	27.3	26.5	25.8	25.1	24.4	23.8	23.1	22.5
190	37.1	35.9	34.7	33.7	32.6	31.6	30.7	29.8	28.9	28.1	27.3	26.5	25.8	25.1	24.4	23.7	23.1
195	38.1	36.8	35.7	34.5	33.5	32.4	31.5	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.0	24.4	23.7
200	39.1	37.8	36.6	35.4	34.3	33.3	32.3	31.3	30.4	29.5	28.7	27.9	27.1	26.4	25.7	25.0	24.3
205	40.0	38.7	37.5	36.3	35.2	34.1	33.1	32.1	31.2	30.3	29.4	28.6	27.8	27.0	26.3	25.6	25.0
210	41.0	39.7	38.4	37.2	36.0	34.9	33.9	32.9	31.9	31.0	30.1	29.3	28.5	27.7	27.0	26.2	25.6
215	42.0	40.6	39.3	38.1	36.9	35.8	34.7	33.7	32.7	31.7	30.8	30.0	29.2	28.4	27.6	26.9	26.2
220	43.0	41.6	40.2	39.0	37.8	36.6	35.5	34.5	33.4	32.5	31.6	30.7	29.8	29.0	28.2	27.5	26.8
225	43.9	42.5	41.1	39.9	38.6	37.4	36.3	35.2	34.2	33.2	32.3	31.4	30.5	29.7	28.9	28.1	27.4
230	44.9	43.5	42.1	40.7	39.5	38.3	37.1	36.0	35.0	34.0	33.0	32.1	31.2	30.3	29.5	28.7	28.0
235	45.9	44.4	43.0	41.6	40.3	39.1	37.9	36.8	35.7	34.7	33.7	32.8	31.9	31.0	30.2	29.4	28.6
240	46.9	45.3	43.9	42.5	41.2	39.9	38.7	37.6	36.5	35.4	34.4	33.5	32.5	31.7	30.8	30.0	29.2
245	47.8	46.3	44.8	43.4	42.0	40.8	39.5	38.4	37.2	36.2	35.2	34.2	33.2	32.3	31.5	30.6	29.8
250	48.8	47.2	45.7	44.3	42.9	41.6	40.3	39.2	38.0	36.9	35.9	34.9	33.9	33.0	32.1	31.2	30.4
255	49.8	48.2	46.6	45.2	43.8	42.4	41.2	39.9	38.8	37.7	36.6	35.6	34.6	33.6	32.7	31.9	31.0
260	50.8	49.1	47.5	46.1	44.6	43.3	42.0	40.7	39.5	38.4	37.3	36.3	35.3	34.3	33.4	32.5	31.6
265	51.7	50.1	48.5	46.9	45.5	44.1	42.8	41.5	40.3	39.1	38.0	37.0	35.9	35.0	34.0	33.1	32.3
270	52.7	51.0	49.4	47.8	46.3	44.9	43.6	42.3	41.0	39.9	38.7	37.7	36.6	35.6	34.7	33.7	32.9
275	53.7	52.0	50.3	48.7	47.2	45.8	44.4	43.1	41.8	40.6	39.5	38.4	37.3	36.3	35.3	34.4	33.5
280	54.7	52.9	51.2	49.6	48.1	46.6	45.2	43.8	42.6	41.3	40.2	39.0	38.0	36.9	35.9	35.0	34.1
285	55.7	53.8	52.1	50.5	48.9	47.4	46.0	44.6	43.3	42.1	40.9	39.7	38.6	37.6	36.6	35.6	34.7
290	56.6	54.8	53.0	51.4	49.8	48.3	46.8	45.4	44.1	42.8	41.6	40.4	39.3	38.3	37.2	36.2	35.3
295	57.6	55.7	54.0	52.3	50.6	49.1	47.6	46.2	44.8	43.6	42.3	41.1	40.0	38.9	37.9	36.9	35.9
300	58.6	56.7	54.9	53.1	51.5	49.9	48.4	47.0	45.6	44.3	43.0	41.8	40.7	39.6	38.5	37.5	36.5
305	59.6	57.6	55.8	54.0	52.3	50.7	49.2	47.8	46.4	45.0	43.8	42.5	41.4	40.2	39.2	38.1	37.1
310	60.5	58.6	56.7	54.9	53.2	51.6	50.0	48.5	47.1	45.8	44.5	43.2	42.0	40.9	39.8	38.7	37.7
315	61.5	59.5	57.6	55.8	54.1	52.4	50.8	49.3	47.9	46.5	45.2	43.9	42.7	41.6	40.4	39.4	38.3
320	62.5	60.5	58.5	56.7	54.9	53.2	51.6	50.1	48.7	47.3	45.9	44.6	43.4	42.2	41.1	40.0	38.9
325	63.5	61.4	59.4	57.6	55.8	54.1	52.5	50.9	49.4	48.0	46.6	45.3	44.1	42.9	41.7	40.6	39.6
330	64.4	62.3	60.4	58.5	56.6	54.9	53.3	51.7	50.2	48.7	47.3	46.0	44.8	43.5	42.4	41.2	40.2
335	65.4	63.3	61.3	59.3	57.5	55.7	54.1	52.5	50.9	49.5	48.1	46.7	45.4	44.2	43.0	41.9	40.8
340	66.4	64.2	62.2	60.2	58.4	56.6	54.9	53.2	51.7	50.2	48.8	47.4	46.1	44.9	43.6	42.5	41.4
345	67.4	65.2	63.1	61.1	59.2	57.4	55.7	54.0	52.5	50.9	49.5	48.1	46.8	45.5	44.3	43.1	42.0
350	68.3	66.1	64.0	62.0	60.1	58.2	56.5	54.8	53.2	51.7	50.2	48.8	47.5	46.2	44.9	43.7	42.6

## How Do You Stack Up?

### My Goals Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_

Height \_\_\_\_\_

Current Bodyweight, pounds \_\_\_\_\_

"Get Real" Bodyweight, pounds \_\_\_\_\_ **GOAL**

Target Weight Loss, pounds \_\_\_\_\_ within \_\_\_months—**LONG TERM GOAL**

Target Weight Loss, pounds/month \_\_\_\_\_ **SHORT TERM GOAL**

Current BMI \_\_\_\_\_ Current BMI Category \_\_\_\_\_

Target BMI \_\_\_\_\_ **GOAL** Target BMI Category \_\_\_\_\_ **GOAL**

Current Waist Girth, inches \_\_\_\_\_

Target Waist Girth, inches \_\_\_\_\_ **GOAL**

Current Waist-to-Hip Ratio \_\_\_\_\_

Target Waist-to-Hip Ratio \_\_\_\_\_ **GOAL**

Current Resting Heart Rate \_\_\_\_\_

Target Resting Heart Rate \_\_\_\_\_ **GOAL**

Current Blood Pressure \_\_\_\_/\_\_\_\_

Target Blood Pressure \_\_\_\_/\_\_\_\_ **GOAL**

Current Triglycerides, ml/dL \_\_\_\_\_

Target Triglycerides, ml/DL \_\_\_\_\_ **GOAL**

Current HDL, ml/dL \_\_\_\_\_ Current LDL, ml/dL \_\_\_\_\_

Target HDL, ml/dL \_\_\_\_\_ **GOAL** Target LDL, ml/dL \_\_\_\_\_ **GOAL**

Current HDL Factor \_\_\_\_\_

Target HDL Factor \_\_\_\_\_ **GOAL**