

Appendix 6, Data, After

Date: _____

Pulse: _____ (average)

Total
Cholesterol: _____

HDL : _____
This is the "good" cholesterol,
higher is better

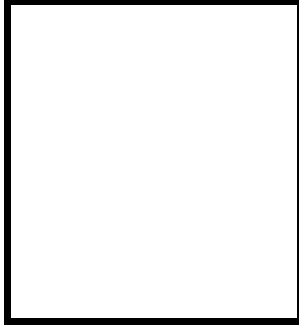
Blood Pressure:
_____ (systolic, upper value)
_____ (diastolic, lower value)

Waist measurement: _____ (average)
Using a tape measure, take the
average of three measurements across
your navel. No giggling.

Hip measurement: _____ (average)
Using a tape measure, take the average
of three measurements across the widest
portion of your hips.

Picture:

Use an additional sheet for multiple pictures.



Describe energy
level and mood:
