

## Appendix 5, Data, Before

Date: \_\_\_\_\_

Pulse: \_\_\_\_\_ (average)

Total  
Cholesterol: \_\_\_\_\_

HDL : \_\_\_\_\_  
This is the "good" cholesterol,  
higher is better

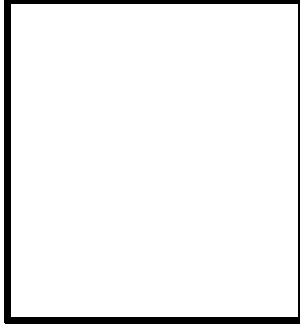
Blood Pressure:  
\_\_\_\_\_ (systolic, upper value)  
\_\_\_\_\_ (diastolic, lower value)

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:

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