

What Are Your Aging Fabulously!™ Numbers?

Your Name: _____ Age: _____ Exam Date & Time: _____, _____

Your Healthy Goal Date: _____

Your Measurements	Importance to Good Health	Today's Calculations	Your Goals!
Height	Measure how tall you are in feet and inches.		
Weight	Using a standard scale, list your early morning weight.		
Chest/Bust	Measure the widest area of your chest.		
Waist	Measure the circumference of your midsection around your belly button.		
Hips	Measure the widest area of your hips.		
Other:			
Other:			
General Health Measure	Importance to Good Health		
Body Mass Index (BMI)	<p>BMI is your weight in kilograms divided by your height in meters squared.</p> <p>(BMI=kg/m²).</p> <p>It's generally used to help determine an ideal weight for your frame.</p> <p>This is a simple calculation:</p> <ol style="list-style-type: none"> 1. Multiply your weight in pounds by 703. 2. Multiply your height in inches by itself. 3. Divide the first number by the second. <p>www.health.nih.gov</p>	BMI: _____	BMI: _____
Basal Metabolic Rate (BMR)	<p>Your BMR is how much minimum energy your body requires for basic life functions. The result is a general estimate of the number of calories your body burns while at rest. Here's an easy calculation:</p> <p>BMR = 655 + (4.35 x weight) + (4.7 x height in inches) – (4.7 x age)</p> <p>www.bmi-calculator.net/bmr-calculator</p>	BMR: _____	BMR: _____
Waist Circumference	<p>Your medical advisor can use your waist circumference as an independent measure of health.</p>	Waist: _____ inches	Waist: _____ inches
Waist-to-Hip Ratio	<p>The waist-to-hip ratio helps determine how your body fat is distributed. To calculate, divide your waist measurement in inches by your hip measurement in inches.</p> <p>Are you an apple (ratio > 1) or a pear shape (ratio < 1)?</p> <p>http://www.bmi-calculator.net/waist-to-hip-ratio-calculator</p> <p>or</p> <p>www.mavoclinic.com</p>	Ratio: _____	Ratio: _____

<p>Blood Pressure (BP)</p> <p>www.americanheart.org</p>	<p>As the name implies, this is a measure of the amount of pressure the blood places on your arteries as it passes through. It is measured when the heart beats (called the systolic pressure) and when the heart is at rest (the diastolic pressure).</p> <p>Blood Pressure = $\frac{\text{Systolic Pressure}}{\text{Diastolic Pressure}}$</p> <p>Blood pressure is measured in millimeters of mercury.</p>	<p>BP: _____ / _____</p>	<p>BP: _____ / _____</p>
<p>Cholesterol Levels</p> <p>www.americanheart.org</p>	<p>Cholesterol is a natural and necessary substance in our bodies. It is manufactured by our cells. There are two main types of cholesterol. Too much of the wrong type has been linked to health problems.</p> <p>Total Cholesterol = LDL + HDL Levels</p> <p>LDL = Low Density Lipoprotein (Lousy Cholesterol)</p> <p>HDL = High Density Lipoprotein (Healthy Cholesterol)</p> <p>Cholesterol is not a dietary necessity as it is synthesized by the body.</p> <p>Triglycerides are a type blood fat. Your triglycerides level can be measured at the same time as your blood cholesterol level.</p> <p>Cholesterol and triglycerides are measured in milligrams per deciliter of blood (mg/dL).</p>	<p>Total: _____</p> <p>LDL: _____</p> <p>HDL: _____</p> <p>Triglycerides: _____</p>	<p>Total: _____</p> <p>LDL: _____</p> <p>HDL: _____</p> <p>Triglycerides: _____</p>
<p>Blood Glucose Level</p> <p>www.diabetes.org</p>	<p>This measurement is more commonly called the blood sugar level. It is a helpful determinant for the possibility of too much sugar in the bloodstream.</p> <p>Your blood sugar is measured in milligrams per deciliter of blood.</p>	<p>Blood Glucose Level: _____</p>	<p>Blood Glucose Level: _____</p>
<p>Other Tests:</p>			
<p>Other Tests:</p>			
<p>Other Tests:</p>			
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Medical Disclaimer

The information listed herein is intended strictly for your motivation. It is **not** intended to serve as medical guidance for any general or specific health condition. Your medical advisor is the best counsel for your specific health needs.

Start living an Aging Fabulously!™ Lifestyle today!
Learn more at www.agingfabulously.com