

YOUR PERSONAL HEALTH READINGS

Weight: _____

Your weight can affect your health.

BMI: _____

Body mass index (BMI) is a measure of body fat based on height and weight

Cholesterol: _____

Total cholesterol scores are considered best at 200 mg/dL or below.

Blood Pressure _____

Keeping your blood pressure in the normal range is crucial in preventing complications, such as heart disease and stroke.

Glucose _____

Blood glucose (blood sugar) monitoring is the main tool you have to check your diabetes control.

Speak with your community health provider and visit 65x65.com to learn more and take the 65x65 Obesity Challenge.

