

Body Factors

What is your Body Mass Index (BMI)?

Fill in your height (in inches) _____

Your weight (in pounds) _____

Using the chart to calculate your BMI.



- 20-25.....10 points
- Less than 20.....8 points
- 26-30.....6 points
- More than 30.....4 points

Body Fat% _____

What is your waist-to-hip ratio?

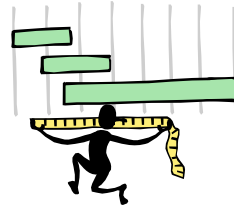
Use a tape measure to check your:

Waist measurement _____

Hip measurement _____

Then, calculate your waist-to-hip ratio
(divide waist/hip)

- Less than 0.8.....10 points
- 0.8 to 1.0.....8 points
- More than 1.0.....2 points



Now total up your score for each of the questions and compare to the rating below

How Did You Score?

70-80 Fantastic! You are a role model of health and fitness!

60-69 Pretty good! But you have some room for improvement.

50-59 Need some work. Practice taking better care of yourself!

Less than 50. Time to get help!



Your Health Report Card

How is your health?

Are you a model that your family will follow to have good health? Are you at risk for the 3 leading causes of death, which are heart disease, cancer and diabetes. The following questions, when answered honestly, will help you evaluate your lifestyle and health behaviors. Check the appropriate boxes and total all your points.

DIET

How often do you eat breakfast?

- Every morning.....10 points
- Weekdays only.....6 points
- Weekends only.....4 points
- Rarely.....0 points

How many servings of fruits & vegetables do you eat in an average day?

- Less than 2 servings.....2 points
- 2-3 servings.....4 points
- 4-5 servings..... 8 points
- More than 5 servings...10 points

EXERCISE

How often do you get 30 minutes of physical activity in a day?

- Everyday.....10 points
- 5 to 6 days a week.....8 points
- 3 to 4 days a week.....6 points
- 1 to 2 days a weeks....2 points

How often do you take the stairs instead of the elevator?

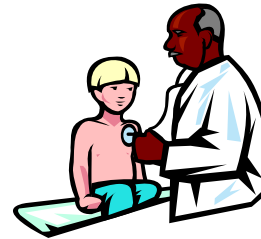
- Regularly.....10 points
- Usually.....8 points
- Occasionally.....6 points
- Rarely.....2 points

Health Behaviors

Are you modeling a lifestyle that you want your family to follow?

- You practice moderation when drinking alcohol by using no more than one drink per day or none if you are pregnant.....2 points
- Do not smoke.....2 points
- Your Blood Pressure is less than 120/80..... 2 points
- Your total cholesterol is below 200.....2 points
- Have had your blood sugar level tested in the last year.....2 points

Blood Pressure: _____/_____



When was your last physical exam?

- More than 5 years ago.....2 points
- 3-5 years ago.....6 points
- 2 years ago.....8 points
- 1 year ago.....10 points