

**Lifestyle Factors (Check or Mark whichever is the most appropriate). Dietary information based on 2,000 calorie diet.**

<b>Daily intake of Fruits</b>		<b>Daily intake of Lean Meat and Beans</b>	
2 cups – GOAL	<input checked="" type="checkbox"/>	5.5 ounces – GOAL	<input checked="" type="checkbox"/>
Less than 2 cups	<input type="checkbox"/>	Less than recommended amount	<input type="checkbox"/>
<b>Daily intake of Vegetables</b>		More than recommended amount	
2.5 cups vegetables – GOAL	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Less than 2.5 cups	<input type="checkbox"/>	<b>Tobacco Use</b>	
<b>Daily intake of Fat Free or Low-Fat Milk or Milk Equivalents</b>		No tobacco use – GOAL	
3 cups – GOAL	<input checked="" type="checkbox"/>	Quit tobacco use (when) Mos. Yrs.	
Less than 3 cups	<input type="checkbox"/>	Tobacco use cigarettes <input type="checkbox"/> cigars <input type="checkbox"/> Smokeless <input type="checkbox"/>	
<b>Daily intake of Grains</b>		<b>Moderate Physical Activity &amp; Muscle Strengthening</b>	
6 ounces (3 ounces whole grain) – GOAL	<input checked="" type="checkbox"/>	150+ minutes per week & 2 days per week – GOAL	
Less than 6 ounces	<input type="checkbox"/>	Physical Activity only	
		Muscle Strengthening only	
		Inactive	

Blood Pressure 120/80 Optimal <120/80mm/Hg  Optimal  Pre-hypertensive  Hypertensive 1  Hypertensive 2

BMI 28 Optimal 18.5 – 24.9 6'2" Height 216.4 Weight

Optional \_\_\_\_\_ Waist Girth 27.19 Body Fat

\*Blood Glucose 111 FASTING:  Normal range (70-99 mg/dl)  PRE-DIABETES (100-125 mg/dl)  
 Diabetic range (90-130 mg/dl)  
 \_\_\_\_\_ After Eating (postprandial)  Normal range (70-139 mg/dl)  above normal range (140 mg/dl and over)\*  
 Diabetic range (under 180 mg/dl)

Have you ever been told you had diabetes or a problem with high blood sugar?  Family history of Diabetes?

\*NOTE: DIABETES DIAGNOSIS GUIDELINES FOR RANDOM GLUCOSE LEVELS INCLUDE SYMPTOMS OF DIABETES AND GLUCOSE OF 200 MG/DL OR HIGHER WITHOUT REGARD TO TIME OF LAST MEAL.

**Lipid Profile per Cholestech LDX Analysis**

<b>Total Cholesterol</b> <u>161</u>		<b>HDL (GOOD Cholesterol)</b> <u>44</u>	
Less than 200 mg/dL	Optimal <input checked="" type="checkbox"/>	60 mg/dL and above	Optimal <input type="checkbox"/>
200-239 mg/dL	Borderline <input type="checkbox"/>	40-59 mg/dL	Desirable <input checked="" type="checkbox"/>
240 mg/dL and above	High <input type="checkbox"/>	Less than 40 mg/dL	Low <input type="checkbox"/>
<b>LDL (BAD Cholesterol)</b> <u>91</u>		<b>Triglycerides</b> <u>132</u>	
Less than 100 mg/dL	Optimal <input checked="" type="checkbox"/>	Less than 150 mg/dL	Optimal <input checked="" type="checkbox"/>
100-129 mg/dL	Near Optimal <input type="checkbox"/>	150-199 mg/dL	Borderline <input type="checkbox"/>
130-159 mg/dL	Borderline <input type="checkbox"/>	200-499 mg/dL	High <input type="checkbox"/>
160-189 mg/dL	High <input type="checkbox"/>	500 mg/dL and above	Very High <input type="checkbox"/>
190 mg/dL and above	Very High <input type="checkbox"/>		

Comments: \_\_\_\_\_