

Take your Basic Measurements every 3 months and your Health Tracker Numbers on an annual basis. Keep this information in your personal files and monitor your health from year to year.
 Courtesy of www.southyubaclub.com and www.monstgergyms.com.

Date

Date

Basic Measurements	Notes
Body Weight _____	
Body Fat % _____	
BP / HR _____	
Chest _____	
Waist _____	
Hips _____	

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Health Tracker

These numbers are key indicators of your physical health. If you don't know these numbers—see your doctor for your latest blood results. Track these numbers on an annual basis.

Blood Pressure

Ideal is 115/76.

HDL Cholesterol

Good clog-clearing cholesterol. 40mg/dl is good above 60mg/dl is ideal.

LDL Cholesterol

Bad clog-forming cholesterol. Heart disease risk factors less than 100mg/dl is ideal or if you are otherwise healthy 130gm/dl.

C-Reactive Protein

Measures inflammation in blood vessels. Ideal is less than 1 mg/dl.