



<b>Name</b>					<b>Date</b>				
<b>Gender</b>					<b>DOB</b>			<b>Age</b>	
<b>Height</b>		<b>Weight</b>		<b>Blood pressure</b>		<b>Glucose</b>		<b>BMI</b>	

BMI CATEGORY (CHECK ONE)	PERCENTILE RANGE
Underweight	BMI below 18.5
Healthy Weight	BMI of 18.5 to 24.9
Overweight	BMI of 25 to 29.9
Obese	BMI of 30 or above

Calculation of BMI is based on the following formula:  
 Formula: weight (lb) / [height (in)]<sup>2</sup> x 703  
 Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

**RISK FACTORS REVIEWED (CHECK ONE ANSWER FOR EACH QUESTION.)**

<b>1.</b>	<b>How often do you participate in physical activity for a total of at least 30 minutes?</b>	
	Every day	
	6 days a week	
	5 days a week	
	4 days a week	
	3 days a week	
	2 days a week	
	1 day a week	
	Never	
<b>2.</b>	<b>How much time do you spend in sedentary activities (watching TV, surfing the internet, etc.) each day?</b>	
	6 hours	
	5 hours	
	4 hours	
	3 hours	
	2 hours	
	1 hour	
	He or she doesn't	
<b>3.</b>	<b>How would you describe your diet?</b>	
	Unhealthy	
	Healthy (includes a variety of foods with plenty of grain products, vegetables & fruits, is low in fat, saturated fat and cholesterol, is moderate in sugars and salt, and includes calcium rich foods)	