



How well do you know your health stats?...



Date:														
Weight (kg/ lbs)														
Blood Pressure (Example 120/80)														
Pulse Rate (Resting)														
Blood Sugar Level														
HbA1c														
Total Cholesterol														
HDL Cholesterol														
Non HDL Cholesterol														
LDL Cholesterol														
Triglycerides														
25 OH Vitamin D														
Calcium														
Iron														
Ferritin														
Vitamin B12														
C Reactive Protein														

Small steps to a healthier you