



Personal Health Record

Name: _____

Nutrition			
	Height (cm / inches)	Body Mass Index (BMI)	
	Weight (lbs / kgs)	Body Fat %	
Sunshine		Ideal 120/80 or lower	
	Blood Pressure		
Water	I have seen the hydrotherapy demonstration ☐		
	Glucose Level	Cholesterol Level	
Exercise			
	Resting Pulse	Exercise Pulse	
Air			
	Peak Flow	Recomended	
Rest	I received a back massage ☐		
Temperance			
	Health Age		
Trust	I spoke with a health educator ☐		



Personal Health Record

Name: _____

Nutrition			
	Height (cm / inches)	Body Mass Index (BMI)	
	Weight (lbs / kgs)	Body Fat %	
Sunshine		Ideal 120/80 or lower	
	Blood Pressure		
Water	I have seen the hydrotherapy demonstration ☐		
	Glucose Level	Cholesterol Level	
Exercise			
	Resting Pulse	Exercise Pulse	
Air			
	Peak Flow	Recomended	
Rest	I received a back massage ☐		
Temperance			
	Health Age		
Trust	I spoke with a health educator ☐		