

Personal Health Record

Name:

| Nutrition | | | |
|------------|--|-----------------------------------|--|
| | Height (cm / inches) | Body Mass Index (BMI) | |
| | Weight (lbs / kgs) | Body Fat % | |
| Sunshine | Blood Pressure | ldeal 120/80 or lower | |
| Water | I have seen the hydrotherapy Glucose Level | y demonstration Cholesterol Level | |
| Exercise | Resting Pulse | Exercise Pulse | Ψ. |
| Air | Peak Flow | Recomended | |
| Rest | I received a back massage | | |
| Temperance | Health Age | | |
| Trust | I spoke with a health educate | or | THE CONTRACTOR OF THE CONTRACT |



Personal Health Record

Name:

| Nutrition | | | |
|------------|--|-----------------------|--|
| | Height (cm / inches) | Body Mass Index (BMI) | |
| | | | |
| | Weight (lbs / kgs) | Body Fat % | |
| Sunshine | | Ideal 120/80 or lower | A STATE OF THE STA |
| | Blood Pressure | | Mark. |
| Water | I have seen the hydrotherapy demonstration | | |
| | | | |
| | Glucose Level | Cholesterol Level | |
| Exercise | | | 4. |
| | Resting Pulse | Exercise Pulse | N |
| Air | | | |
| | Peak Flow | Recomended | |
| Rest | I received a back massage | | |
| Temperance | | | |
| | Health Age | | |
| Tours | | | HELE |
| Trust | I spoke with a health educa | tor | The second second |



