



Body Measurements Tracker

The purpose of this self-assessment is to record a snapshot of a set of health parameters at the start of a health program.

After completion of your program, I recommend you repeat the assessment and compare your results. If you follow the program as instructed, you'll be pleased and surprised at the progress that you've made.

Included in the assessments is the measurement of body fat percentage. This is a nice number to have, especially if you'd like to shed a few pounds. Unless you own one of the fancy scales that measure body fat, chances are that this is not something that you can measure on your own. Many health practitioners and gyms have access to the equipment to measure body fat.

There is also a place for measurement of urine and saliva pH. The pH paper used to measure this can be purchased for around \$10 at many pharmacies and health food stores.

Blood pressure is a good measurement to take if you have a tendency towards abnormal readings. This can be done with a home blood pressure unit or at most pharmacies and major grocery stores.





Body Measurements Tracker								
Program								
Name				Age		Date		
Height			Weight			% Body Fat		
Personal Ratings: scale from 1-10 with 1 = very low and 10 = very high								
Energy Level					Stress Level			
Overall Health and Well-Being					Satisfaction with Life			
Measurements								
Chest (at nipple line)								
Waist (at narrowest part)								
Hip (at widest part)								
Thigh (at top)								
Blood Pressure								
Pulse								
First AM pH Reading	Urine				Saliva			