

Health Profile Habits

Measurement	Baseline	Month1	Month2	Month 3	3-Month Results
Date					
Height					
Weight (kg or lbs)					
Waist measurement					
Body fat %					
Hip measurement					
Arm measurement					
Thigh measurement					
Blood pressure					
Blood sugar					
Resting heart rate					
SpO ²					
Average sleep (hours)					
Stress levels (1-10)					

Health Profile Measurements

[illegible]

Health Profile Blood Markers

Measurement	Baseline	Month 1	Month 2	Month 3	3-Month Results
Date					
HbA1c					
Fasting glucose					
Total cholesterol					
HDL					
LDL					
Triglycerides					
CRP					
Vitamin D					
Vitamin B12					
Ferritin					
Thyroid					
Liver function					
Kidney function					
Testosterone					
Cortisol					
Specialised					
Specialised					