

HEALTH PROFILE: METABOLIC SPECIFICATIONS

CLIENT NAME:

| Body Specifications | Normal Ranges | Start | ½ Way | Finish |
|---|---|-------------------|-------------------|-------------------|
| Blood Pressure | 120/80 | | | |
| Pulse | 72 | | | |
| Basal Thyroid Test | Lower than 97.8 F | | | |
| Body Frame | Small – Medium - Large | | | |
| Body Fat Percentage % | F – 19% - 25% M – 11% - 19% | | | |
| Body Mass Index | 20 - 25 | | | |
| Ph Alkaline | Neutral - 7 | | | |
| Glucose Urine | Neutral – Pale light Blue | | | |
| Ketone Urine | Neutral = Pale soft Beige | | | |
| Measurements: | | Inches Lost _____ | Inches Lost _____ | Inches Lost _____ |
| Chest | | | | |
| Waist | | | | |
| Hips | | | | |
| Thigh | | | | |
| Arm | | | | |
| DietMATH: Daily Recommended Allowance = | | | | |
| Calories IN _____ Calories OUT _____ | | | | |
| Carbs = _____ Proteins = _____ Fats = _____ / + EFA's | | | | |
| Present Weight: | | | | |

| | | | |
|---|----------------------|--|--|
| Goal Weight: | Ideal Weight: | | |
| Time Frame for Goal (weeks, months, years) | | | |
| Types Of Obesity: | | | |
| Exogenous – excessive intake of calories and sedentary activity | | | |
| Endogenous – inherited, at the cellular level, and harder to treat | | | |
| Classifications of Obesity: | | | |
| Hyperblastic Obesity – begins in childhood, fat cells increase in NUMBERS and has less health problems. | | | |
| Hypertrophic Obesity – begins in adulthood, fat cells increase in SIZE . Associated with Diabetes, Heart Disease, Adrenal Fatigue, Menopause, Depression, Sedentary and poor Diet. | | | |
| Body Type: Ectomorph – Mesomorph - Endomorph | | | |

Assessments:

- 7 – Day Diet Baseline:** Average Daily Calories _____ Carbs _____ Proteins _____ Fats _____
- Metabolic Hormones:**

| Metabolic Hormones | Evaluation |
|---------------------------------|---------------------------------|
| Insulin Resistance | Insulin GOOD POOR |
| Chronic Stress/Fatigue | Cortisol / Melatonin |
| Auto-Immune / Low Energy | Adrenals |
| Thyroid Disturbance | Thyroxin |
| Inflammation/Fatty Liver | Triglycerides |
| Night Eating Syndrome/Digestion | Leptin |
| Eating Disorders / Appetite | Leptin Insulin |

3. Dietary Eating Style and Behaviors:

- Behavior A – Carbohydrate (5 or more, higher than B or C)
- Behavior B – Mixed Type (neither A, B, C, are 5 or higher than each other)
- Behavior C – Protein (5 or more than A or B)

4. Smart TRACK – 30 Day Journal Evaluation

| Month One (good – average – poor) | Month Two (good – average – poor) | Month Three (good – average – poor) |
|---|-------------------------------------|-------------------------------------|
| Fabulous 5 | | |
| Inverted Pyramid | | |
| Diet Math – Daily Recommended Allowance | | |

- 5. **Pedometer Steps** – What is your Fitness Level? Beginner Intermediate Advanced
- 6. **Training Target Heart Rate:** $(220 - \text{age}) \times .70 =$ _____ beats / minute or divide by 6 for _____ beats per 10 sec

DrPenny's Comments & Evaluation

BEFORE PHOTO

If you provided your own Photo please state the date, size & age

AFTER PHOTO

If you provided your own Photo please state the date, size & age

Dr. Penny.ca