

Health Checklist - Background

Family history		
Do you have a family history of:		
<ul style="list-style-type: none"> Heart disease or heart attacks Stroke Diabetes Bowel cancer 	<ul style="list-style-type: none"> Breast or ovarian cancer Prostate cancer Skin cancer Other forms of cancer 	<ul style="list-style-type: none"> Asthma or respiratory illness Degenerative disease of the brain or body Other?
Your Health History		
Have you ever had:		
<ul style="list-style-type: none"> Heart problems Asthma or respiratory illness Cancer of any form Major or frequent sunburns or sun exposure 	<ul style="list-style-type: none"> Major injury or trauma Major illness of prolonged disease Are you/ were you a smoker? Are you/ were you an alcoholic? 	<ul style="list-style-type: none"> Have you taken recreational drugs? Are you on prescription medication? Have you felt overwhelmingly depressed or anxious?
Your Current Health and Condition		
<ul style="list-style-type: none"> Are your Vaccinations current? Have you had a dental check-up in the last 12 months? Have you had your eyes checked in the last 5 years? Have you had your hearing checked in the last 5 years? 	<ul style="list-style-type: none"> Have you had pap test/ breast examination or prostate examination in the last 2 years? Have you had a bowel cancer screen? Have you had your skin checked for melanoma? 	<ul style="list-style-type: none"> Do you ever experience chest pains? Do you experience chest pains when not exercising? Do you experience any joint pain?
Your Body Statistics		
What is your resting pulse	_____ beats per minute.	Taken immediately as you wake up
What is your resting respiration rate--	_____ breaths per minute.	
How old are you in years? _____	What is your current weight in kg? _____	What is your current height in cm? _____
<i>What are your measurements for the following:</i>		
<ul style="list-style-type: none"> Waist Hips Chest 	<ul style="list-style-type: none"> Left Thigh Right Thigh Left Calf 	<ul style="list-style-type: none"> Right Calf Left Upper Arm Right Upper Arm
Calculate the following:		
See the end of this checklist for how to calculate these.		
Waist:Hip Ratio		The ratio of your waist to hip measurements is calculated as your waist measurement divided by your hip measurement and should be much less than 1. Where this ratio is bigger than 1, which means your waist is bigger than your hips, it indicates that you could have serious health conditions such as diabetes or heart disease.
Body Mass Index (BMI)		Your BMI or body mass index is the ratio of your weight and your height squared, and is an indicator of how healthy your weight is for your height. A BMI of 20 to 25 is considered healthy. A BMI less than 20 is considered to be underweight, greater than 25 is overweight, and greater than 30 is obese.
Basal metabolism		Your basal metabolism is how much energy your body needs to keep it alive and functioning. If you don't supply this energy (through calorie intake in food), your body may go into starvation mode and slow down its metabolism.
Maximum heart rate		As you age, the maximum rate at which your heart can beat decreases. Target heart rates for optimal Aerobic exercise are 60 to 80% of this maximum.

Health Checklist – Lifestyle Questionnaire

	Your Score	Scoring	Commentary
Nutrition			
Do you eat at least 5 services of fruit and/ or vegetables every day?		Score 1 = not usually, 3 = sometimes, 5 = usually, or somewhere in between.	Good nutrition is essential for maintaining overall good health – read the website for more information. A score of more than 50 means you have generally good nutrition – but are there any bad habits you can change? A score of around 40 is OK, but there is definitely room for improvement. A score of less than 30 means you really to work on aspects of your nutrition to improve your overall health and well-being.
Do you eat whole grains, cereals and complex carbohydrates?			
Do you eat foods high in fibre?			
Do you drink at least 2 L of water every day?			
Do you eat a palm sized portion of lean protein 3 times per day?			
Do you eat some nuts and fish?			
Do you minimize fatty junk foods?			
Do you minimize sugary foods and drinks?			
Do you minimize processed foods?			
Do you minimize caffeine?			
Do you drink alcohol moderately?			
Are you a non-smoker?			
Tally your Nutrition Score			
Exercise and Fitness Level			
How would you describe your lifestyle?		Score 1 for inactive, 2 for somewhat active or 3 for active, or somewhere in between.	Good exercise is essential for maintaining overall good health – read the website for more information. A score of more than 30 means you have generally good fitness – but are there any bad habits you can change? A score of around 25 or 30 is OK, but there is definitely room for improvement. A score of less than 10 means you really to work your level of fitness to improve your overall health and well-being.
How many days per week on average do you exercise?		Score as number of days per week from 0 to 7.	
How many minutes do you spend per exercise session on average?		Add a point for every 15 minutes. Eg. 15 minutes = 1, 30 minutes = 2 and so on; or somewhere in between.	
How would you describe the general intensity of your exercise sessions?		1 = very easy (barely noticeable), 2 = easy (noticeable, but not tiring), 3 = moderate (OK, but becomes tiring as exercise progresses), 4 = Hard (can just make the end of the session).	
Do you do weights training?		Score 1 = not usually, 3 = sometimes, 5 = usually, or somewhere in between.	
Do you do aerobic exercise?		Score 1 = not usually, 3 = sometimes, 5 = usually, or somewhere in between.	
What is your BMI?		Score 1 for less than 20 or greater than 30, 3 for 25 to 30, and 5 for 20-25.	
What is your waist/hip ratio?		Score 1 for greater than 1, 3 for greater than 0.85 and 5 for less than 0.75, etc.	
Tally your Exercise Score			

	Your Score	Scoring	Commentary
Sleep			
Do you drink caffeine or eat a large meal within 2 hours of bedtime?		<p>Note the different scoring system to the above: Score 1 = usually, 3 = sometimes, 5 = not usually, or somewhere in between.</p>	<p>Good sleep is essential for maintaining overall good health and allowing the body to repair itself – read the website for more information.</p> <p>A score of more than 40 means you have generally good sleep habits – but are there any bad habits you can change?</p> <p>A score of around 30 is OK, but there is definitely room for improvement.</p> <p>A score of less than 20 means you really to work on aspects of your sleep habits to improve your overall health and well-being.</p>
Is your bedroom stuffy, too light or too noisy?			
Are you always in a rush until the moment you go to bed?			
Is your bed too soft or too hard?			
Do you have difficulty going to sleep?			
If you wake during the night, do you have problems going back to sleep?			
Do you need an alarm to wake in the morning?			
When you wake up do you still feel tired?			
Do you sleep in on weekends?			
Do you go to bed at vastly different times every night?			
Tally your Sleep Score			
Relaxation and Life Balance			
Do you always feel tired and lethargic?		<p>Score 1 = usually, 3 = sometimes, 5 = not usually, or somewhere in between.</p>	<p>Achieving the right life balance is essential for maintaining overall good health and well-being – read the website for more information.</p> <p>A score of more than 40 means you have a good life balance – but are there any bad habits you can change?</p> <p>A score of around 30 is OK, but there is definitely room for improvement.</p> <p>A score of less than 20 means you really to work achieving a better life balance to improve your overall health and well-being.</p>
Do you get stress headaches or find it difficult to concentrate?			
Do you get angry or anxious easily?			
Are you always too busy to rest, relax or un-wind?			
Are you too busy to spend quality family time with the kids or your partner?			
Do you have a hobby that you just can't get to?			
Are you accused of being cranky, or in a bad mood?			
Do you go through your day without laughing or smiling?			
Do you watch more than 10 hours of TV per week			
Do you work more than 40 hours per week?			
Tally your Relaxation Score			
Tally your total health score:			

Example Calculations:

Alex is 35 years old. She is 165 cm tall and weighs 74 kg. She has a medium built frame. Her waist measurement is 94 cm and her hip measurement is 100 cm.

Calculation of Alex's BMI:

BMI is calculated from the following formula:

$$\text{Weight (in kg)} \div \text{Height (in m)}^2$$

For Alex:

Step 1: Her weight in kg is 74. Her height is 165 cm. To get this into meters, divide it by 100.

$$165 \div 100 = 1.65$$

Step 2: Take her weight and divide it by her height.

$$74 \div 1.65 = 44.8$$

Step 3: Take the result from step 2 and divide it by her height.

$$44.8 \div 1.65 = 27$$

A healthy BMI is between 20 and 25, depending on your frame. So Alex is a little overweight. Also, her waist measurement is getting close to her hip measurement. If your waist measurement is greater than your hip measurement, this is a sign of obesity or potential health problems like diabetes or heart disease.

Calculation of Alex's Target Weight:

If you know your target BMI, you can estimate your target weight as follows:

$$\text{Target BMI} \times \text{height (in m)}^2$$

Alex has chosen a target BMI of 23 to match her medium frame, so her target weight is:

$$23 \times 1.65^2 = 63 \text{ kg.}$$

Alex needs to lose 11 kg to achieve her target weight and target BMI.

Calculation of Alex's Target Heart Rate:

Your maximum heart rate is calculated from the formula:

$$220 - \text{age in years}$$

Alex is 35, so her maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute.}$$

Target heart rates for aerobic fitness is 60 to 80% of maximum. So Alex should be targeting:

$$60 \times 185 \div 100 = 111 \text{ beats per minute}$$

$$80 \times 185 \div 100 = 148 \text{ beats per minute}$$

Alex should train to a level resulting in a heart beat somewhere between 111 and 148 beats per minute.

Calculation of Alex's Basal Metabolism:

Basal metabolism can be estimated from the following steps (using Alex's details as an example):

Step 1: Weight in kg x 40: $74 \times 40 = 2960$

Step 2: Height in cm x 7.7: $165 \times 7.7 = 1271$

Step 3: Age in years x 19.6: $35 \times 19.6 = 686$

Step 4: Answer from Step 1 + Step 2 – Step 3 + 2740

$$2960 + 1271 - 686 + 2740 = 6285 \text{ kJ/day}$$

So Alex's basal metabolism requires/ burns 6285 kJ per day – this is the energy required just to keep Alex's body systems functioning.

If your BMI is over 30, this can be adjusted by multiplying the basal metabolism by 0.85 to account for higher levels of fat that don't need to be supported by your metabolism.

Alex's BMI is less than 30 so she doesn't need to make this adjustment.